

On the furthest edge of

The Reality Of Our Natures And The Nature Of Our Realities

TROONATNOOR

**The mystery of the dreamer and the
dream**

Markus Heinrich Rehbach

The Philosopher-Prophet of The Eden Protocols

Copyright 2015 Markus Heinrich Rehbach All Rights Reserved

Contents

We tend to limit ourselves

Our experiences are always a construct of our own minds

Helmholtz's Saturation, Incubation, and Illumination

Conventional explanations as to why we sleep

Lucid Dreaming: The Kingdom of heaven is within you

Directing your dreams: scripting and rehearsing your lucid dream in your waking hours

Practicing lucidity in your waking hours

Step one to lucid Dreaming: Meditation to calm, still, and focus the mind to BE HERE NOW

Auto suggestion: priming yourself to become lucid in your dreams

Becoming lucid during a dream: Is this real, or am I dreaming?

Step two to lucid Dreaming: Keeping a dream journal

Go W.I.L.D: Consciously entering a Lucid Dream

The Throat Chakra: More convergences between 'modern' science and ancient traditions

Idolatry, God, limits, Zen, and 'Play' as the only reasonable, viable, meaning of life

Integration, whole-ness, hol-i-ness, problems, and shadows

Will to Power as willpower

Seek out the darkness, the shadows, the threats: they will brighten your light

However there are some dreams where you SHOULD fight back

'Keeping the dream alive'

False awakenings

Muscle memory and neural pathway patterns

Night terrors

The healing potential of deep hypnosis and lucid dreaming

Burn up calories during R.E.M sleeping

Priming, and the effectiveness of advertising and propaganda explained

Teachings of the Jacqui Indian 'Nahwal' (a.k.a Benefactor-Seer-Sorcerer) Don Juan Maddis , as presented by Carlos Castaneda

Some examples of 'Stalking' in other belief systems

Just give me a reason: Post revisionist rationalisation

A heroic myth archetype

A possible opportunity for you

TROONATNOOR Fiction (Novels)

TROONATNOOR Non-fiction

We tend to limit ourselves

David Hume and other 'skeptics' taught us that we make a huge number of assumptions about the world which are not justified. Simple psychology can demonstrate that our notions of 'reality' are highly problematic, conditioned, and often faulty. Hume would love Don Juan's metaphor of the mind being a 'foreign installation' of 'The Flyers'. These 'flyers' not only determine what we perceive, what impressions we receive, but also how we will interpret them. This foreign tyrant pretends to be our own mind, and thus we own its validations of its own interpretations and impressions. Thus the loop is seamless, and also seem-less. Unless we suspect, like Hume, that things are NOT as they seem, and begin the laborious and painstaking process of revealing TROONATNOOR for ourselves.

Cognitive neuroscience can scientifically demonstrate that all our experience is constructed inside our heads. Sub-quantum physicists will tell you that there is no real 'outside' or 'inside' to distinguish between. 'Reality' is nothing more than a lot of electromagnetic 'soup'.

Everything we can claim to 'understand' about TROONATNOOR legitimates and validates the most ancient of philosophical and spiritual traditions. It may take experimentation with psychotropic drugs, or experiences that produce extreme stress or spiritual insight, before you will consider it justified to 'take a closer look' at your own assumptions, preconceptions, and beliefs about TROONATNOOR. However my TROONATNOOR books offer you as much 'intellectual' argument for doing so as you are going to stumble upon anywhere else in your random readings or even the most diverse, conscientious, and disciplined of academic studies.

For most of human history the 4 minute mile was considered as impossible as moving faster than the speed of sound. However as soon as one person overcame their conditioning and actually ran a 4 minute mile, showing others that it was in fact possible, many others began running 4 minute miles. Once the 'mental barrier' of the 4 minute mile was overcome, people continued to set new records. As Henry Ford is quoted as saying 'Believe you can, or believe you can't. Either way you will be right'.

Of course in our dreams this is truer than anywhere else. For whatever you believe you can do in your dreams, you will be able to. Maybe one day we will extend this to our 'consensual waking reality'. Tibetan dream Yogi's and Afghan Sufi's believe, like Schopenhauer, that the world is mere will and preconception. I explain the nature of primary, secondary, and 'social reality' and how they are constructed and interact, in my TROONATNOOR books. There is nothing

mystical in those descriptions. However they lead me to accept more and more that I would have previously defined as mystical, as completely reasonable and rational and logical. I ultimately discovered that my own conclusions had been reached thousands of years ago by the Hindus. I stumbled upon Zen. I rigorously investigated 'religion' and found that it was mostly about tricking the masses into voluntarily submitting to the beneficiary classes' enslavement of them. But within the most religious texts, among the rubbish and mystification, I usually found valuable principles of Zen.

In fact I have constantly been surprised to find Zen principles at the heart of every truly philosophical and spiritual practice. Many of the ideas expressed by Jesus, Buddha, Krishna, and Jain, would be familiar to the student of Zen, and the Zen practitioner. My most recent encounter with Zen came in the form of Carlos Castaneda's books based on the teachings of Don Juan, a Jaqui Indian 'seer' from Sonoro, Mexico. His teachings, like Hinduism and Zen Buddhism, offer the best, and only life affirming answer to the question 'What is the meaning of life'.

Don Juan describes how we construct this consensual world in a way that would satisfy the most rigorous of social psychologists and sociologists. He refers to the 'first ring of power' by which we are conditioned, from birth, to define the world in particular ways. In this way we construct, from the electromagnetic soup of the primary reality, a social reality. Zen frees us from this conditioning using what Don Juan calls 'The second ring of power'. With this we are free to escape history, both our personal history, and the historical consensual social reality which we inherited at birth, which tends to continually reproduce itself. We are then free to experience states of 'non-ordinary' reality. We are free to enjoy all the unlimited possibilities of existence which are currently withheld from us by our social conditioning. As most people find it very hard to open their mind to TROONATNOOR, they require experiences produced by psychotropic drugs, auto-suggestion, hypnosis, and 'stories' to force the first 'crack' in their social reality and to, as Aldous Huxley might put it, take the first step in opening up 'The doors of perception'. Few people are able to 'break on through to the other side' in a purely sober state of mind. However the Zen practitioner seeks, and often attains this, through meditation on TROONATNOOR.

Don Juan describes the 'way of the warrior'. The warrior acts with integrity, and efficiency, according to heuristics, taking the world as it is, and acting within it 'impeccably'. However the warrior suspends their final judgment and ultimately takes nothing at face value. This perfectly describes David Hume's authentic, skeptical, philosopher. He acts as if the world were real, while never assuming it really is. There is no contradiction. He maintains integrity by keeping his position clear. He acts within the world as he finds it, as if it were real. However he never assumes it is real. He is always suspicious and skeptical. This is not the same as denial. Denial is about unconsciousness. The 'impeccable' warrior is completely conscious, of both the apparent reality, and the possibility of other realities that he can access through authentic Zen practice in every moment of his life.

If he or she does so, the warrior will discover 'The mystery of the dreamer and the dream'. They will come to understand that we are all luminous beings. We are 'feelings'. We are clusters of luminous fibers with awareness. We are awareness. We are the effects of a formless source. Reason and talking are limited to describing these effects. They can never describe the 'source' itself. However Don Juan describes the 'body' as an egg-shape formed of luminous fibers. He refers to the 'Eight points on the fibers of luminous beings'. The points relating to reason and talking are located in the 'head'. The 'will' is located just below the navel. 'Feeling' is located at the tip of the sternum. 'Dreaming' and 'seeing' are located on either side of our ribs. Reason and talking are isolated. Feeling, Dreaming, Seeing, and will, are connected. Thus it is that we need to 'switch off' reason and talking, as genuine Zen practice. Then we are free to experience with feeling, seeing, dreaming, and pure will. We can 'step out of' history, out of the social reality which our reason and talking continually reproduce from moment to moment, and into a 'non-ordinary' reality, using our 'second ring of power', the power to define reality for ourselves, and to experience realities that do not conform with the limits of the social reality we inherited. This is all completely consistent with my own arguments in TROONATNOOR, which I came to before I had any real exposure to Zen.

Once we have learned to 'stop the internal dialogue' which constantly reproduces the 'ordinary' social reality we inherited, we are free to experience 'non-ordinary' states of reality while completely sober. We will not need access to any rituals, psychotropic drugs, or other 'tricks' to find a 'gap' in the reproduction of social reality where we can step out of it. We can 'turn off the internal dialogue' at will. We can access the 'Bardot' between thoughts, between ideas, between moments, where we are free from the constructs of social reality. Thus we gain access to 'The second ring of power'. In this state we can witness our 'ally'. Allies are formless, and known only by their effects. These effects are produced within our consciousness as sensations, images, feelings, or sounds. The 'Ally' of the sorcerer, the seeker of knowledge, often chooses to manifest to sorcerers in the form of a huge moth whose wings are covered in a golden dust, 'golden specks of knowledge'. In this form it is called 'The giver of knowledge' and 'The friend and helper of Sorcerers'.

Consider for a moment the fact that a huge moth has large golden wings, covered in fairy dust, and the image of angels present in most religions may make more sense! Angels are the helpers of most religions, just like Don Juan's 'Ally'. Only they are slightly more anthropomorphised for a more anthropocentric hegemonic culture and social reality. Anyone who has read 'the magic mushroom and the cross' will also be interested in Don Juan's visions, under the influence of psychotropic mushrooms, his 'little smoke', of humans as having a 'mushroom-like' appearance.

Also consider how Don Juan states that a man of knowledge, a sorcerer, must 'wrestle' with their 'Ally', often for a very long time, in order to yield the knowledge that this Ally has to offer them. Anyone who has read the Old Testament / Torah / Pentateuch / 5 Books of Moses, and is familiar with the story

of the Koran, will know that Jacob's name was changed to 'Israel' after he wrestled with god / an angel. Mohamed, the founder of Islam, is also said to have wrestled with an angel, the archangel Gabriel. It was after success in these 'wrestling matches' that each gained their 'knowledge' and their place in history.

Our experiences are always a construct of our own minds

Whether we are 'awake' or 'asleep', our experiences are always a construct of our own mind. Often they are even less than that. They are mere constructs other people's minds. The difference is that in waking, our minds take impressions from a supposedly external world and construct an internal model of that world. During sleep we only have access to the stored images, ideas, and impressions that are already in our minds. The difference is not that great. In fact sub-quantum physics tells us that we are really electromagnetic energy floating in a soup of electromagnetic energy.

What we experience as sounds, images, impressions, heat, cold, sweet, sour, soft, hard, solid, liquid, gas, and so on, are all constructed by our brains. They only exist in our minds. What actually exists is electromagnetic soup. Thus tradition converges with cutting edge science. The world is effectively an illusion. Don Juan taught Carlos Castaneda how to 'stop the world' by 'not doing'. He meant that we construct the world by consensus. We can stop giving our consensus to the current world and thus stop it, simply by ceasing to define it as we have been taught, conditioned, and programed to.

All that is only continues if we choose to reproduce it. From moment to moment. Start by simply focusing on the 'space' between objects. The silence between sounds. The shadows rather than the objects that cast them. The small rather than the great. Pay attention to things you normally take for granted and overlook as trivial and not worth your time and effort. Practice looking at things in a new light, and thinking about things in new ways. Treat the most mundane object and situation as a grand mystery. That is the Zen way. That is how you will come to learn the real mystery of this world.

But I will not put too much strain on your mind for the moment. If this book arouses your curiosity, you are always free to read my TROONATNOOR series of books. I promise you that their contents will blow your mind wide open, and offer you the chance to escape history, both your own personal history, and that of the world. The wisest minds have shared a great vision for the past few thousand years that the world's religions and TROONATNOOR have blinded you to. Or more precisely, misdirected you from noticing.

That said, the effectiveness of lucid dreaming is not dependent on you understanding TROONATNOOR completely. You can gain practical benefits for your daily life just from the practices outlined here. If you then wish to travel further upon the path to understanding TROONATNOOR, just read my books.

Until I find a publisher they will be available for free from my google drive cloud, and my troonatnoor.webs.com

If you think that a person's effort, sacrifice, and risk should be rewarded proportionately, then please feel free to reward me by considering adopting a vegan lifestyle, and making a donation to P.E.T.A or a similar organisation, and mentioning TROONATNOOR.

I want to make a quick note here about the idea of 'astral bodies'. Some people imagine that we have two bodies. One that operates on this dimension, and one that operates on an 'astral' dimension'. However the fact is that all we can ever know about our 'bodies' is determined by the model we have of 'bodies' in our minds. All our impressions are constructed internally in the mind. We can make no claims to 'knowledge' about any actual physical bodies that may or may not exist. Sub-Quantum physics teaches us that all that exists is electromagnetic soup. We are part of that soup. The knowing, the knower, and the known are all electromagnetic soup. They are all of the same 'substance'. The only external reality is electromagnetic soup. We and the universe are one big mess of electromagnetic soup. Everything we experience is a construct of our mind. I say mind, and not brain. Because our concept of 'brain' is also a construct of our mind. All very tricky indeed. You need to keep back-tracing all your assumptions.

Be careful not, like Descartes, and Aristotle, to stop too early. We have to continue to the most basic assumptions, and the lowest levels of composition. So far the furthest we have gone is the sub-quantum, Nano level of composition. At this level all that exists is electromagnetic soup. The best we can say is that the entire universe, and everything in it, including us, is basically made up of sentient electromagnetic soup. It is soup pretending to itself that it is discrete forms with their own, separate, consciousness. It is fantasy role-playing soup. We are all fantasy role-playing soup. Life is a game, baby. Time to hit 'Play' again, and re-start the game with the original spirit of playfulness with which we began this particular fantasy role-play. Because this game has just gotten so damn serious, stupid, and dissatisfying. Ask Schopenhauer. Ask Buddha. This game sucks. Even if you are a member of the hegemonic beneficiary classes you will probably agree with me. If you, like me, are one of their slaves, treated by them as a mere means to their own ends, then you will be keen to break your chains and join the revolution. You are welcome to join me in hitting the 're-start' button.

Helmholtz's Saturation, Incubation, and Illumination

Helmholtz re-stated the ancient Greek philosophical position that 'a change in quantity produces a change in quality'. Today scientists working at Nano and sub-Nano scale engineering have proven this. My own position is that all complexity emerges from the interaction of primerties, which produce propergents, which then go on to continue interacting to produce more complex propergents. I use the maths model to demonstrate this. All of the most complex mathematical equations and formulas, no matter how complex they appear, reduce to simple multiples of 1, and the algorithms of addition and subtraction. In physics the addition and subtraction algorithms are known as attraction and repulsion.

Helmholtz also offered a model of the process of creativity. The first stage is saturation, where the person immerses themselves deeply in the 'problem'. They actively seek to solve it. They research, study, and experiment. They collect all the available information, formulate hypotheses, and test them. They discuss the problem with colleagues. The second stage requires the person to cease actively trying to solve the problem. They take a break from it. They take a nap. They go for a walk. They distract themselves with their favorite pastime. Or they simply go on with their normal life. What they are doing is leaving the problem to the unconscious mind to solve. They have primed the unconscious mind at the first stage with the objective, and provided it with all the information currently available to the person. This 'incubation' period may last from a few hours to a few decades. The point is that the person s actively, consciously, trying to solve the problem. And then suddenly, as if out of nowhere, 'Illumination' strikes in a 'Eureka moment' of inspiration. The unconscious mind presents the solution, or a way forward, to the conscious mind. Nobel Prize winners have reported having woken at 3a.m with their Nobel prize winning ideas, after having 'dreamed' the 'solution' in its entirety. The 'problem' may have been a scientific puzzle. It may be a piece of music. It may be the plot for a novel. It may be a design for an experiment or device.

The dream state offers the potential for a direct connection between the conscious and unconscious mind. The lucid dreamer has access to the contents of the unconscious mind. If they condition and prime themselves to remember their dreams and to dream lucidly, then they have a remarkably powerful tool for creativity at their command. In their dreams they can abandon all the social conditioning that limits the creative process. There need be no taboos, no right and wrong. The creative dreamer can follow apparently mutually contradictory lines of reasoning without any discomfort. Without any need to reconcile contradictions and reject contradictory ideas. They can completely suspend disbelief and judgment. They can be open rather than defensive. They can

challenge their own assumptions. They can free themselves of the need for 'certainty' which becomes a self-imposed limit and barrier to genuine open minded enquiry.

The lucid dreamer can be completely spontaneous, flexible, and playful with ideas about TROONATNOOR. They can carry out experiments in their 'dream laboratories'. They can view 'problems' from unique perspectives. They can tolerate ambiguity. They can follow two apparently opposite, contradictory ideas to fruition without discomfort, anxiety, or cognitive dissonance. They can accept love and hate for the same idea, person, object, or situation. They can process competing ideas in parallel. They do not need to be right. Therefore they never waste time defending positions, preconceptions, earlier judgments, or assumptions simply to protect their ego, to prevent 'being wrong' about something.

Most human arguments are about trying to avoid being wrong, and to defeat an opponent. This is not optimal. It often leads to people becoming entrenched in a wrong position and in faulty reasoning. They then seek to defend arguments and positions that they do not really believe in themselves. They are merely trying to 'save face' and avoid 'being wrong'. Those operating from a Zen state of mind never think in terms of saving face. The Zen approach is to seek the truth, rather than trying to prove yourself right. It is about skepticism. This means that the Zen practitioner never assumes they have found the truth.

They are constantly open to changing their views. They never become fixed in a position. They never make an emotional investment in any 'truth'. It is merely the current position that appeals to them on particular grounds. It is always an open question. The universe can surprise them at any moment and completely dissolve their beliefs. They are open to new experiences and what these have to teach them. They hold no 'dogmatic' views. The idea of dogmatically holding to a fixed position based on mere faith, or tradition, is alien to them. In this way they tend to be the most creative individuals. They cannot be fooled by social and mass media conditioning.

They can enter into the spirit of play with a completely open, unconditioned, 'beginners' mind. They can approach every aspect of experience, and of a problem, as if encountering it for the first time, without any prejudice, preconceptions, assumptions, taboos, conditioning, or priming. They can escape the limits of their inherited 'must's' and 'shoulds'. They can escape all their inhibitions. They can return to their original playful condition of 'emptiness', of 'no-mind', of 'beginners mind', of pure possibility without limits. This is the nothing from which all things emerge. It is the creative source of all things.

The authentic creative state is one without fear. It has nothing to lose. It has no need to prove itself right. It has no fear of being wrong. It has no need to 'save face', or ensure that others do not 'lose face'. It can challenge authority. It can break every 'rule' that has been set about how things must be defined, and what is possible and what is impossible. It does not reject any idea just because it

contradicts the current conventions, assumptions, or beliefs. It can playfully challenge the accepted 'morality'. It can playfully interrogate the dominant hegemonic 'taken for granted', 'naturalised', conceptions of TROONATNOOR current in society at the time.

The lucid dreamer can re-program their own unconscious schemas, expectations, assumptions, and models of TROONATNOOR. They can escape past, sub-optimal, conditioned patterns of emotional reaction. The Lucid dreamer can gain decades of psycho therapeutic benefits in a few months of lucid dreaming. They can free themselves from their past. They can escape history!

Ideally when our experiences of the world contradict our schemas, our models, we will adjust our schemas, our models, to accommodate the new information, data, or experience. However we are conditioned by education and society in general to do the opposite. We are 'taught' fixed definitions of TROONATNOOR, The Reality Of Our Natures, And The Nature Of Our Realities. We are rewarded when we conform to these definitions. We are punished when we challenge them. We are never encouraged to construct our own definitions in line with our own experience of the world. Give me a school, virtual or real, and I will free your children to optimise their life experiences. This will ensure YOU live happy next lives.

The most fundamental truth is the most sublime. Zen practice is the pure meditation of emptying our minds. Don Juan, the Jacqui Indian shaman / 'Sorcerer' tells Carlos Castaneda 'to turn off his internal dialogue'. He explains that from birth we are conditioned to give our consensus to a particular narrow definition of reality. In order to escape the prison of that consensual, limited reality, we must empty our minds. We must, in the Zen tradition, stop defining things. Definitions are acts of violence. They are prisons. They are slavery. We become a slave to these definitions.

We are like the Powerful elephant 'chained' with a flimsy piece of string to a little bush. It was conditioned since birth to define attempts to break the 'chains' as hopeless. We are like the magnificent lion or tiger flinching in fear of its pathetically weak 'tamer'. It grew up from a baby in fear of its 'father' the 'tamer'. We are like the fish and flies in those experiments a lid is first placed on the jar, and a piece of glass is used to reduce the size of its tank. After becoming conditioned to accept the definition of their jar having a lid, and their fish tank being small, they cease testing the limits of their prisons, even after the lid and sheet of glass are removed. They don't even try to fly out, to swim past where the barrier used to be.

The door of the basement to my flat was always locked, every time I tried it. So I stopped trying it. Later they took the lock off. I don't know when. But months later I was encouraged to try it again, and found it open. And so I admit that I failed in my Zen practice! But by this admission I continue my Zen practice. For that is what Zen is. You are never a 'master'. You are only ever a practitioner or not. Don Juan the 'sorcerer' teaches his student Carlos Castaneda that the seeker

of knowledge, the would-be 'sorcerer' must act with impeccability, as a Zen practitioner, with great humility and patience. It may take decades for their 'Ally' to appear. Or their Ally may appear in the very next moment. Like Jesus tells us, we must be ready at any and every moment. It will come without warning. And so we must maintain our Zen practice, our vigil, from moment to moment. The 'warrior' must be 'impeccable' in this. This is the 'action in in-action' of Zen. This is the 'doing by not-doing' of the Dao. It is alert readiness. It is mindful mindlessness.

We must test all our boundaries anew. We must abandon every definition we were conditioned to accept as infants, then children, then adults. We must allow the many realities we are deaf and blind to define themselves. To reveal themselves to us. To connect with us. We must stop imposing our own definitions on reality. We must stop pretending that we 'know' anything. We must begin again to treat life as the mystery that it is. That is when we can experience our own authentic natures, and the true, limitless, boundless nature of reality. Then we can escape the self-imposed prison of conformity with the world of consensus we inherited. We can escape history. We can avoid suffering. We can become fearless. We can regain our authentic nature of playfulness. We can regain our curiosity. We can regain our joy. Our bliss. The world will once more become magical. Life will once more become a rewarding, satisfying game. An intriguing mystery. A limitless fantasy world. A world without slaves. A world without masters. A world where death ceases to represent a meaningful threat, let alone fill us with fear, horror, and despair. A new heaven on a new earth.

You can read all my TROONATNOOR books if you find these ideas too alien to work with. I promise you that if you start at the beginning, as any authentic philosopher must, with a Zen 'beginners mind', the mind of a skeptic, like David Hume, then you will, with the aid of my TROONATNOOR books, come to the same conclusion as any Zen master, Yaqui Indian Shaman / 'sorcerer', Daoist Sage, or any other form of truly enlightened person.

Then you will find yourself with real choices. You may abandon life with the Pessimism of a Schopenhauer, Catholic, or non-Zen Buddhist. Or you may find an authentically legitimate optimism in the genuine Zen practice of an Indian Shaman, a Zen Buddhist, a Daoist sage, a Marcus Aurelius, or a Jesus. The Zen way is the only way to genuinely affirm life. I have 'suspended judgment' still. I am still seeking. That is Zen practice. However now I have authentic hope of affirming life. And it only makes sense. Unless this world is punishment, a prison, a rehabilitation center, a correctional institution, or the product of a despicably evil 'creator', the only reasonable explanation for the world is that it is an experience engine. A game. A playful illusion we constructed ourselves. For our enjoyment.

A game we constructed in a spirit of playfulness. But after millennia of playing we became too immersed in it. We forgot it was a game. We began taking life and death much too seriously. We began fearing death. This is the position of Hinduism, Jainism, and Buddhism. The solutions to the philosophical 'problems' I

developed in my TROONATNOOR books converge with the most ancient of spiritual and philosophical traditions.

We began feeling a desperate need to control and dominate each other and our environment. We began enslaving each other, and treating each other, and all other sentient beings, as mere means to our own ends. The beneficiary classes then sought to enslave the masses, the producers of their benefits, via religions. The Zionist types in the Middle East produced first Mosaic Law, then Christianity, then Islam, and then Marxism. Possibly even Nazism. Their equivalents in Asia took the teachings of philosophers contained in the Upanishads and then Buddha, and constructed similar religions in the East, with the same intention of gaining the submission of the masses to the enslavement by the beneficiary classes.

For the first beneficiary classes in every part of the planet were the Kings, Princes, Priests, and Generals. They ensured that the masses, from birth onward, were conditioned to believe in a very limited view of reality, of TROONATNOOR. A world-view that made slavery and misery seem 'natural'. The hegemonic social reality reinforced this world view at every level of composition, from the most basic assumption, to the most general way of defining 'the meaning of life'. I describe this process and its outcomes in detail in 'Religion' and my other TROONATNOOR books.

In the final analysis, the best analogy we could make with our limited ways of knowing and expressing TROONATNOOR, is to say that life is a dream. Once we gain lucidity, we become once more free to enjoy life. We regain our spirit of playfulness. We can experience the boundless, limitless, timeless play that is possible in dreams. We can realise the dreams of L Ron Hubbard and 'be cause'. We can go on to 'create' and share new 'consensus realities' free from the limits of our inherited, limited, biased, distorted definitions of what is, what could be, what 'should' be, and what 'must' be.

The Afghan Sufi and Tibetan dream yogi will tell you that 'life is a dream'. The trick is to awaken to this fact. To become 'lucid' during this dream we call waking life. Perhaps they understand something most of us have been conditioned and trained to 'forget'. It is our last best hope to affirm life before rejecting it as a 'vale of tears'. Maybe Schopenhauer, and Buddha, were wrong? Maybe they simply stopped a little too soon on their paths to true enlightenment? Let us 'test' their pessimism before accepting it. What is one more 'life' in the context of an eternity of lives? Surely it is worth 'trying and seeing'?

I mean, if Schopenhauer is right, then we can always reject life, after testing its limits. Doing so beforehand seems a little premature and wasteful. So I will do my best to make my life a Zen practice. I will give life this one last chance to demonstrate that it is a game worth playing. If it proves to be some nasty trick performed by some evil, malicious devil, then I will abandon all false hope and join Schopenhauer and Buddha. But I will never allow myself to be enslaved by 'religion'. That is truly a fate worse than oblivion.

I have worked long and hard, and sacrificed and taken risks to save you from religion. From slavery. Whether at the hands of the Zionists, or your next door neighbor. But I cannot help you, let alone save you, if you will not make some effort yourself, and at least read my TROONATNOOR books. Start with this one. If this one does not arouse your curiosity, I don't know what could. I cannot wake the zombie, the non-lucid dreamer, the sleep-walker, unless they want to be awoken.

Conventional explanations as to why we sleep

During '*delta sleep*' growth hormones are released leading the body to repair its tissues. Many people believe that we sleep not only to repair our bodies, but also to avoid threats we are not adapted to deal with. Our night vision makes hunting and gathering ineffective in the night, when we would face threats from predators with excellent night vision who could evade our detection, and prey on us. However it may be more mysterious than that. Perhaps our unconscious mind needs time to process the thoughts and feelings of the day, and to construct and reinforce the neural pathways that allow for developing new motor skills and learning in general.

Lucid Dreaming: The Kingdom of heaven is within you

The New Testament Jesus tells us that the kingdom of heaven is within us. In our dreams we can be sure that our benefit does not come at a cost to another sentient being. We have the potential, within the hours of R.E.M sleep we have each night, to create our own heavens, our own Edens, our own worlds. We can express our true nature of playfulness, without any risk to ourselves or others. Tibetan dream Yogi's, and Afghan Sufi's treat life itself as a dream. They live in the true spirit of playfulness which could be the only reasonable motive for any being to decide to 'create' worlds and sentient beings. For many Eastern religions this world was in fact created in the spirit of 'Lila' or 'play'.

It is an illusion. A game. A playground. Only at some point we became too immersed in the game. We mistook our forms for our true nature. We began identifying with the roles we were playing so closely that we started limiting ourselves to them. We defined ourselves as them. We began suffering, as we became attached to our 'selves', and to all the temporary forms of the playground. Once you become desperately attached to forms in this world of becoming, you doom yourself to suffering.

For in this world of becoming, all forms disintegrate in short time periods. This is a necessary quality of games. Games that endure too long become boring. The essence of the play is novelty. Newness. Change. Becoming. Games are about becoming, and not being. Our true nature is formless. It is pure conscious being. But this is a pretty boring way to spend eternity. So we form playgrounds. We form 'experience engines'. Like the props of a movie. We write scripts. We write plots. We form 'stage settings'.

In the world as we know it, we are all treated by others as means to their ends, as we treat other sentient beings as mere means to our own ends. We fear the dissolution of forms. We fear death. Although death is merely exchanging the end of one story for the beginning of a new story. An exchange of forms. Like changing from one movie to another. Like hitting the remote control and changing channels. Each 'story' is only interesting for a while. Soon it becomes boring. It can no longer interest us much.

Sure some lives are much more interesting, satisfying, or rewarding than others. Maybe these most interesting 'lives' can be re-experienced over and over. Maybe we are in fact right now actively engaged in a huge entertainment industry. Perhaps other sentient beings pay to experience being us. I deal with the nature of reality, and the reality of our natures, in much more detail in my TROONATNOOR books and novels. I hope you will read them.

Evolution is about hit and miss creativity. It 'brainstorms' and 'binges' on forms and relationships with playful, careless, whimsical abandon. It is then ruthless, thoughtless, heedless, merciless, and absolutely spontaneous in 'purging' the forms and relationships that do not prove desirable. It has no long term intentions, designs, objectives, or aims. It is simply playful. It loves novelty. Thus 'god' is a 'child'. Jesus tells us we too must become like children to enter the kingdom of heaven. Evolution loves to combine existing forms in new ways to produce new forms. It plays with ideas, patterns, and forms. It follows all potential routes without prejudice. Without pre-judgment.

It makes no assumptions. It imposes no limits on what is possible. It flows with, rather than resisting. It has no 'gaining' idea. It has no fixed plan or intention. There is nothing irrational, illogical, or paradoxical to it. It can follow several contradictory paths at the same time. Just to see where they lead. It does not force anything. It does not set limits beforehand. It has no preconceptions of what is 'good' or 'bad'.

Evolution, the creative source of life as we know it, deals with novelty and change. It is about constantly 'becoming'. It is not about holding onto any fixed points. It is not about 'being'.

Being is stagnant. It is boring. It offers no scope for newness. For experience. It just is. This is in fact our authentic nature. Our true, immortal, indestructible state. We are. We exist. Without beginning or end. As the god of the Old Testament says to Moses when he asks who is speaking to him, 'I am that I am'. We ARE. We always were and always will be. Being is our true nature. But being is boring.

And so being becomes becoming. The One Being becomes the many forms of Becoming, in the spirit of play. The world we inhabit and play in is the world of becoming. Of constant change. Of newness and novelty. Of experience. It is an experience engine. We only really suffer when we try to hand onto a particular form. Once we learn that our forms are just play pieces, we can joyfully accept and flow with the dissolution of forms. It is attachment to forms which cannot endure that produces real, enduring suffering.

When you are free to give up old forms, to gain new forms, then you have achieved true 'enlightenment'. You have regained your true playful nature. You have achieved the 'synthesis' between your true state of being, and the state you must adapt to if you are to have experiences and play interesting, rewarding, satisfying, entertaining games. This is the state of eternal 'becoming'. This is the highest spiritual enlightenment that anyone could attain.

That is my conclusion after decades of investigation into all religion, and all states of consciousness. Even Hegel makes sense when you 'get' this. The One is the thesis. The One, as Being, as Thesis, becomes the many, to enjoy the experience of Becoming, as the anti-thesis. The 'synthesis' of Being and Becoming is Play. In this play, via Zen practice, we, as the many forms in this

world of becoming connect back with our authentic natures, that of Being. And thus we can achieve the authentic state of 'playfulness' with which we began the process. We can enjoy becoming, being born, living, and then dying, sure in the fact of our eternal being. Certain that each life is just a game. Certain that we have an infinite number of lives. That life is eternal. That only forms are born, live and die. That the awareness / consciousness that experiences each life is itself indestructible. It will go on to enjoy happy next lives for eternity. Each death is just an experience. It is not terminal. Each death is the start of a new life.

Forms are bound to dissolution. It is the nature of games. Games must have a start and finish. Games must follow some pattern. The results of games is always to be unknown. Once you can 'fix' a game, it loses its necessary character. It is no longer a game. The outcomes of games is always uncertain. That is what makes them interesting. It is often said that 'the gods love the madmen'. They live with a spirit of play. The spirit of Bacchus. The spirit of Dionysus 'Dio-Nysus'. God-in-us. The spirit of joyful life, without fear of death. Crazy people willing to taste the delights of living, and completely accepting of their own necessary 'deaths'. Their forms are to be enjoyed. To be consumed. Not to be locked away in a safe vault, in darkness. In constant fear of dissolution. Of death.

The ancients warned cities like Plato's planned 'Republic' that if they did not let Dionysus out to play at regular intervals, their cities would fall into anarchy as the repressed desires for play of its citizens expressed itself in anti-social forms.

The result of attachment to forms, which by their very nature are always in a process of becoming, of changing, and ultimately of dissolving, is anxiety. A fear of death. Anxiety, and fear of death, is at the heart of all Neuroses. Neuroses are NOT playful. They are the opposite. They are fixations. They are rules. They are 'shoulds' and 'musts'. They are 'good' and 'evil'. They are 'friend' and 'foe'. Neuroses destroy our quality of life. They lead to organised religions. They produce racism, sexism, speciesism, sexual orientationism, nationalism Marxism and so on.

They define groups as enemies. They define death as an enemy. They seek to fight the inevitable death of all forms. They resist the flow of life. They cannot accept that they are 'beings' currently playing games in a world created for role playing. A world of 'becoming'. A world where forms are temporary game pieces. Temporary roles in plays. Temporary props. Temporary plots. Temporary characters in films. All for fun. Just for fun. With no 'ulterior' motive. There is nothing to 'gain'.

As Carlos Castaneda's Shaman reminds us, 'all roads lead to the same place'. The only difference between roads is whether they have 'heart'. Whether they are worth traveling down. For it is the journey that is life. A constant journey. It does not go anywhere. It is about the people you meet. It is about the adventures you have. It is about the fun you have. It is about all the novelties you can 'experience'. It is just a road-trip. You are not on a road to some 'destiny'. The only 'function' and 'purpose' of forms is to be enjoyed. The only point of games is

to be played. You ARE. You are pure conscious being. Maybe one of an infinite number of conscious beings. Or just a part of the one being that forms the entire experience engine we call the multiverse. A place that exists in the one mind. Where the knowing, the knower, and the known, are all one. Just playing at individuality. Playing at 'other'-ness. Playing at ignorance. Playing at question and answer. All is one and one is all.

It makes no difference. Either way, the most important thing for you to understand, in order to gain enlightenment during the game, and thus to enjoy the game for all it is worth, is that it IS a game. That YOU are NOT the limited being you experience being while immersed in the game. You are unlimited consciousness. You cannot die. Only the form you take in the games can die. You have nothing to fear. Only pain and suffering. And most of the suffering is completely avoidable.

For most suffering comes from an unduly great attachment to forms. It comes from worry, anxiety, and fear. It comes from envy, jealousy, greed, and selfishness. It comes from insecurity. It comes from an undue attachment to forms and relationships that are temporary and constantly evolving into something else. It is from trying to hold back the tide of evolution, the flow of time, the process of becoming.

Sure, it may be fun to play 'master and servant'. Any role play can be fun. For its novelty value. To experience things from different points of view in the game. But when players become fixated on some role they become anxious of losing the form they need to maintain to play that role. They start fearing change. They start fearing newness. They start fearing death. They start trying to control the game, for fear of 'losing'.

Once you start trying to dominate and control the game it stops being a game. It becomes much too serious to be any fun. It becomes a matter of 'life and death'. It is one thing to immerse yourself in a role, to fully savor its possibilities. But when you start enslaving others, and making rules, and organizing religions, and torturing people and other sentient beings, well, you have gone too far. It is no longer any fun. It is insanity. That is, sadly, the world we are living in today. At least in this dimension. At least on this 'play-station' we call planet earth.

In a real game there are no real enemies. There are only play-mates who make the game interesting and challenging. We need 'opponents' in some games, to make them challenging. But we do not feel any malice for them. In fact we love them, as they make games reflexively possible. This is why we 'love our enemies'. There is no malice in our hearts for anything. We do not will anyone any harm. We do not wish to damage anyone. We do not wish to inflict pain or suffering upon them. Sure, we want to 'win' the game. But in a spirit of playfulness. Like the difference between 'paint-ball' and real war.

Directing your dreams: scripting and rehearsing your lucid dream in you waking hours

To direct a dream towards a more satisfying end, or to use it as a self-exploration and integration exercise, first plan out what you want to do in your dreams. Set pre-dream targets. They can be general or very specific. Write a new script for your dreams. First analyze the current dream. Look for solutions to the dream-problems you may have overlooked. If, in your dreams, the walls are closing in on you, then in your script plan to look for a door, and if it turns out to be locked, look for a key to it.

Or see if you can climb over the walls, or fly out of the closing space. Vividly imagine your dream-script playing out. Make the 'rehearsal' as detailed and as vivid as possible. Include as many colors of different brightness and hue, smells both pleasant and unpleasant, textures such as rough and smooth, sounds both loud and soft and high and low in pitch, tastes such as bitter and sweet, heat and cold, weight and pressure, and as many emotional states and moods as possible.

Make the rehearsal, in your mind, while you are awake, sitting comfortably or laying down, as realistic and vivid as possible. Then imagine yourself either consciously entering a lucid dream, or 'becoming lucid' during your next dream, and 'performing' according to your script. Then imagine yourself waking from the dream and remembering everything that happened in perfect detail, and writing it down in your 'dream book'.

You can overcome your nerves by rehearsing public performances and speeches in your lucid dreams. You can do the same in your waking state. Simply vividly imagine as many details using all your senses. Imagine smells, sights, sounds, and feelings. Vividly imagine how the carpet under your feet will feel. Imagine yourself getting up in the morning, getting ready for your presentation, and arriving, calm and confident, at the performance venue.

Then give your presentation. Imagine how the audience responds. Imagine some being negative or neutral at first, but the 'warming' to you. Imagine your ideal performance. Finish with a round of approving, accepting, admiring applause from your audience. Imagine in detail how you feel. Really enjoy the praise. Imagine yourself going home feeling great, and telling all your friends about how well you did.

During your performance you can take the point-of-view of anyone in the audience and imagine how they are feeling. Imagine their responses to your performance. You can start and begin the performance in different ways. You can

try out new material. You can try out new styles. You can 'try and see'. You can then even ask members of the audience after the performance what they thought. Get their feedback. Anything is possible in your lucid dreams. Be sure to take any constructive criticism positively. Encourage it. And smile at any negative, disapproving looks from audience members. Remember to set up positive self-fulfilling prophecies. Remember that any really negative interpretations you make of your audiences responses are probably only your own projected fears and anxieties. You tend to project your own preconscious and unconscious anxieties, fears, hostilities, and negative motives onto other people.

Before these 'rehearsals', form a very vivid and concrete impression of how it will feel when you have achieved your objectives. This will inspire you to greater effort, focus, and persistence. It will prime your unconscious mind for success. It will program you for success. You will be giving your unconscious mind a clear impression of what you expect from it. It will then do the work to ensure this success. It will produce a positive self-fulfilling prophecy.

Famous professional golfer Jack Nicholas credited lucid dreaming 'practice' with shaving 10 strokes off his golf game, overnight. He put into practice what he had 'discovered' through trial and error, hit and miss, binge and purge, in his lucid dreaming, the very next day. Surgeons claim that by rehearsing, in their lucid dreams, surgical procedures scheduled for the next day, they had managed to both cut down on the number of errors, the number of complications, and decrease the amount of time required to successfully complete the procedures.

Many famous scientific breakthroughs occurred after their inventors received insights during their dreams. Some even created their own 'lucid dream laboratories' where they conducted experiments. Famous writers of fiction and music credited their dreams as the inspiration of their music and novels. Some writers claim to have written complete books in their 'lucid dream workshops'. In these workshops they employed 'elves' who did most of the work!

Practicing lucidity in your waking hours

We rarely stop to consider how lucid we are in our waking hours. Most of our actions are routine, habitual, and programmed. We go through the motions without really thinking about what we are doing. We are sort of stunned by routine boredom into 'switching off'. We run on 'auto-pilot'. We react to situations habitually, rather than actively responding to them. It is less demanding. We make a whole bunch of assumptions which we never stop to question, let alone actively, critically, rigorously analyse. We operate according to our internal world view. Our model of reality. These models are sometimes called 'schemas'. They can be conscious, pre-conscious, or unconscious. These schemas are triggered by association when we experience some stimulus or impression.

For example, we hear the word 'Muslim', and suddenly, by association, a whole load of ideas, feelings, and expectations spring up. We say the term or concept 'Muslim' is loaded with associations for us. We have been conditioned to respond to that word in many fixed and predictable ways. By the mass media. By our education systems. By our (often lack of) personal experiences with 'Muslims'. The association most common in the West today would be 'Bin Laden'. 'Terrorist'. Other common associations might be '911'. 'Female Circumcision'. 'Lack of human rights for women'. 'Veils'. And more. We are boarding our flight and suddenly see a Muslim looking male. We feel anxious. We feel threatened. We feel suspicious. We feel animosity. We feel superior.

In reality most Muslims are nothing like the 'ideas' of Muslims most Westerners associate with them. However how many people actually stop to question all the feelings and associations they experience when confronted with a Muslim, or the mere word? If you are interacting with people, with reality, based on conditioned assumptions and expectations, then you are not lucid. You are viewing the world through blinkers, through colored glasses, through distorting prisms, in fun-house mirrors. You are not experiencing the world as it really is. You are not aware of TROONATNOOR. You are not lucid.

In daily life we find excuses and rationalisations when reality appears to contradict our assumptions, our expectations, our schemas. Rather than challenging our own assumptions, expectations, and prejudices, our schemas, we defend and prop them up. We seek ways to reconcile what reality is saying to us with what we assumed before this. We distort our experience of reality to fit with our schemas, rather than take the effort to interrogate our schemas and 'fix' them so that their 'correspondence' with our experience of reality, of TROONATNOOR, is increased.

We rarely take the effort to improve our mental 'models' of reality. We prefer to 'let it slide' and either ignore the contradictory experience of reality, or find some way to 'integrate' it into our existing, faulty model, without having to actually change the basic model. We make superficial, surface changes to our models. We 'explain away' the apparent contradiction as not really being a contradiction as such. We live in denial. We numb ourselves to other's pain. I have explained all these processes in detail in my TROONATNOOR books.

It is hardly likely that if you fail to interrogate your reality in your waking hours, that you will suddenly begin doing so during your dreams. If you tend to employ rationalisations in your daily life, and explain away anything that is inconsistent with your schemas, your views of the world, then you are likely to continue this in your dreams. This contradiction is known as 'cognitive dissonance'.

However a person who tends to be lucid in their waking hours, paying attention to reality, and questioning their assumptions and schemas when reality seems to contradict them, will not simply gloss over the fact that they can suddenly fly, or that they cannot seem to make sense of their digital watch, or that when they re-read some writing it has changed since the first time they read it. These 'clues' will trigger their conscious mind into lucidity. The person will say to themselves, 'hey, hang on a minute, this isn't normal. Am I dreaming?' And then they will become lucid, and be in a position to enjoy their hearts desire in their dream world. They will be able to create whatever sort of world they want, and enjoy whatever they want to in it.

Remember that everyone who follows the methods suggested here will succeed. However some people take longer than others. So persevere. Be sure to follow the methods outlined, and practice the procedures until they become habit. Then will you gain the power to enter the state of lucid dreaming at will.

Step one to lucid Dreaming: Meditation to calm, still, and focus the mind to BE HERE NOW

First gaze in a general area, while you empty your mind. Then visualise an object. You may want to visualise a lotus flower, its petals slightly raised at the edges, with an orange flame emerging from its center. Once you can visualise this vividly in front of you, visualise it within your throat area, the so called 'throat Chakra' near your brain stem. Practice switching it between both areas, until the transition becomes effortless.

At all times when doing any sort of relaxation, visualisation, or other lucid dreaming exercise, if the attempt becomes too frustrating, do not force it. Just let it be and leave it for now. Come back to it in a few days or even weeks when you are in a more positive state of mind. Trying too hard and struggling is counter-productive.

Focus on your breathing. Practice breathing with your abdominal and diaphragm muscles, rather than with your chest muscles. This is sometimes called 'pod shaped breathing'. Place your fingers over your navel so your thumbs touch your rib-cage. Fill your abdomen from bottom to top as you inhale, extending your abdomen muscles out to form a 'pod shape'. Then exhale as you relax your abdominal muscles. Do not activate your chest muscles at all. Your abdomen, and then your diaphragm, will automatically extend from the bottom and fill your lungs from bottom to top.

You will feel your lungs filling within your chest cavity. This is how babies breathe. This is how people lazing on their backs in the summer sun breathe. This is how singers are trained to breathe. The practice has many benefits. First it gives your mind a focus. It makes it easier to empty your mind of all other thoughts. You focus completely on your breathing. Listen to your breathing. Feel your breathing. It brings your mind to the here and now. Back to your body. Away from past angers and regrets, and future anxieties and worries.

If you like you can imagine that you are breathing in a nourishing, pure, radiant, energy-light. Imagine this light entering through your nostrils, and passing down into your abdomen as you inhale, and then out through your chest, your lungs, and then through entire body as you exhale, passing down your arms and out your fingertips, and down your spine, down your legs, and out your toes. This visualisation exercise will help empty your mind of other distressing, distracting ideas and images.

Ideally at some point you will be able to empty your mind completely. Visualizations are meant as a means to this ends, and not as an end in themselves. When any visualisation becomes an end in itself then you have landed in the treacherous terrain of 'idolatry'.

The ideal state is one of 'no-mind'. 'Beginners mind'. To know nothing. To be empty. To be pure potential. It is a state of complete calm. Of 'windlessness'. It is to dwell in the Bardot between life and death. The Bardot between moments. The pure and eternal indestructible NOW. Of Nirvana.

This is the state of Moksha. The state of release from the world of becoming. The return to the Buddha-head. The return to god-head. The return to the creative source. The return to being. The return to the no-thing from which all things emerge. The return to one-ness. The return to the 'uncarved block', the 'one' from which first the 'two, and then 'the many' emerge. In present tense. Eternal being. Indestructible being without form. Free from the world of becoming, the world of forms. The form-less-ness from which all forms emerge, and to which all forms return.

There are many words to describe the Zen state. But always remember that Zen is about 'practice'. It is about doing. Just do it. Yes, Nike stole their slogan from Zen. You do not achieve a 'state' of Zen. You practice the state of Zen. From moment to moment. The true Zen state is experienced in the 'Bardot' between moments. In the now. Be Here, Now. That is the true Oasis. The calm within the storm. The 'doing without action'. The Being. Let it be. Empty your mind of all preconceptions, all limits, all definitions, and so open it to be a conduit for the creative source to flow through.

This is the source of all creativity. Flow with it. Be the flow. Be the knower and the knowing and the known at the same time. For there is only NOW. Time is an illusion. There is the eternal NOW in which all things reside. In the same way that the future events in a movie exist in the same moment as the past events in that movie, on your computer hard disc. Time is a construct. It is an artefact of the world of becoming. An illusion.

Language is limited and imposes limits on things. However we have no other choice, as humans, than to use language as a starting point. It can serve its purposes, as long as we do not fixate on any definitions and thus become limited by the limits of these definitions. We must remember we are using words, images, and concepts as mere tools. We are forced to think in terms of definitions. That limits us.

We must be careful to abandon them once they have helped us reach our 'understanding that is beyond human understanding', and thus 'beyond the reach of words', 'beyond the capacity of the mind to define them, or to express them'. I used to say that I could 'smell' something wrong with an argument long before I could articulate what it was that was wrong.

Zen masters use similar expressions. At some point you reach the limits of the ability of the mind to comprehend, and of language to express. When you reach this point, like Buddha, you simply 'accept'. You cease striving to comprehend and express. In this way you avoid falling into idolatry. You also cease being a martyr to the pain and nausea of migraines, as Buddha himself noted.

You cease imagining that you know anything about the world. You regain your sense of mystery and marvel. You free the world to become whatever it will. You free the creative source to flow. You enter back into the playful spirit of the world of becoming. You regain your authentic nature. You escape the prison of your schemas, your mental models, your definitions, and all the limits and suffering they impose upon you when you fixate on these idols, striving out of fear and anxiety to control the world of becoming. To stop it becoming.

To try to halt it at some point you define as satisfying or secure. It then begins to rot and fester and corrupt. And this is the world you then experience. Like a river silted up, backed up with rotting vegetation and corpses. It stinks. It is ugly. It is disgusting. It is a vale of tears. It is a burden, and not a gift. You wait in agony for the rains and floods to come and wipe it all away in some 'Armageddon'. You dream of that day when all the filth will be swept away, and the pure, clear water will flow once more.

Mindfulness refers to an alert, attentive, openness to being surprised by reality. It means you never imagine that you 'know' what reality is. You remain in awe of its unimaginable capacity for surprise and wonder. You are open to having your entire world view changed in a moment. You will approach everything as if you had never had any experience of it. As if for the first time. As a child, as Jesus puts it. Without any preconceived ideas. 'Judge not', as Jesus put it. Free your mind of all pre-judgments, a.k.a prejudices.

The finest philosophical minds have demonstrated with compelling incisiveness that we do NOT know anything. That everything we imagine we know is a mental construct. It may have some convergence with something that exists in some form outside of our mind. However we can never know when this convergence exists. We merely act heuristically. We adapt patterns we have observed to predict outcomes of interactions, and to deliberately produce some outcomes by reproducing such interactions. We call it 'creation'. We call it 'cause and effect'.

But there is in fact no creation, and no cause and effect. These are mere constructs of our own mind. Our ways of defining and thinking. Zen aims to free us of the limits of our minds, so that we are open to experiencing our authentic nature of 'being', and thus to enter into this world of 'becoming' with a the genuine spirit of play in which the creative source produces it.

Much of the time our minds are filled with 'noise'. Worries. Anxieties. Plans. Fears. Hopes. Speculations. Often our minds wander very far from the here and now. And so we stumble clumsily over things we did not notice. We build up

tension in our bodies from imagined 'fight or flight' situations we are experiencing in our minds.

We build up irritation and frustration with recollections of the past, and speculations about the future. We engage in arguments with people who are not there. We deal with problems that do not actually exist, in the here and now. Our attention is elsewhere. We need to bring it back to the here and now. We need to calm and still our minds. We need to relax our muscles. Being here, now, is requisite to any focused activity. It will improve your performance in any task. Even, ironically, the task of planning for the future, and learning from the past.

It is not until you actually feel relaxed, and calm, that you become aware of the tension and stress that was in your mind and body. There is nothing 'mystical' about this. The most modern, scientific, expensive, expert, 'life coaches' and 'performance analysts' will tell you that the place to begin any efficacious activity is here and now. To first stop everything. Empty your mind. Relax all your muscles. This is the starting point for all successful endeavors.

Lucidity refers to a high level of awareness. An awareness of your own state of mind. An awareness of the tension in your body. An awareness of what is going on around you, right here, right now. In this present moment. It requires an alert, flexible, readiness of mind. A mind alert and open to all possibilities. A mind without preconceived notions. A mind with no assumptions about what is 'out there'.

With no qualitative, normative prejudice in terms of defining one thing as good, and another as bad. Ideally, a 'beginners mind'. The mind of a sentient being that has just emerged into consciousness. With no preconceived ideas. With no limits. With no fixed definitions. A mind that is seeing, hearing, feeling, smelling, tasting, and touching everything for the first time. A mind that is attentive to everything around it and within it. A mind attentive to its own responses to everything. A mind that is flexible. A mind that is skeptic, in the original, positive sense of suspending judgments about things, rather than rushing to form judgments. A mind that is seeking to interact, to communicate with, to interlocate with, to fully experience, everything.

At the most basic level, we use the term 'lucid' to mean 'aware'. Conscious. Awake. But of course there are levels of lucidity. We can walk around in a daze, while still being conscious. At the extreme end of the scale or continuum there is unconsciousness. Where we are aware of nothing. We are not conscious of anything. But between that, and the ideal state of complete awareness of everything in the universe at all times, there is a continuum of states of relative lucidity. Relative levels of awareness and unconsciousness.

We may be aware of one thing, and unconscious of another. We may notice some things around us, and miss others. We may be aware of the taste of the food we are eating, but unaware of the tension building up in our neck. We may have observed or ascribed motives and emotions to others, while failing to recognise

our own emotional motives and reactions. Often we only become aware of our own faults and traits when we see them in others. We make so many assumptions about ourselves and our world, of TROONATNOOR, that the models of the world we operate according to are quite detached, quite different to, the real world.

True lucidity would be a 100% correspondence between our mental models of the world, and TROONATNOOR, the actual reality of our natures, and the nature of our realities.

So when we talk about lucidity, we must keep in mind that it is not just a question of lucid dreaming, but of becoming more lucid in our daily lives. The lucid dreamer is aware that they are dreaming, and are thus able to take advantage of the opportunities offered by a complete virtual reality that they can create and direct themselves. They can truly be gods. They can create worlds to experience. They can enjoy any experience they can imagine. They can enjoy any benefit, at absolutely no cost to any other sentient being. They can eat anything. As much as they like.

They can experience any 'carnal' desire and its satisfaction. They can make love to their dream lover. They can drive their dream cars. They can rule their own kingdoms. All with an even greater degree of vividness than in waking life. For in waking life we are rarely completely lucid. We are overwhelmed with external impressions that we must deal with. Threats and opportunities. The costs of not paying attention to external inputs is so high. But while we are safely sleeping in our beds, we can commit our entire mental capacity to enjoying pleasures.

Remember that everything we call 'experience' happens inside the brain. The mind constructs our experiences from all the sensory inputs it receives from the external world. We do not have a direct experience of the 'external world'. We can never be sure that any 'external' world actually exists. As Descartes pointed out, we may be 'brains in vats'.

Even this notion of being 'brains in vats' might be misleading. There may be no brains at all, let alone no vats. Our idea of being a body, of having a brain, may itself be a construct of our mind. Like a virtual reality universe that exists only as zeros and ones on a hard disc. All that really exists is information. Our minds construct our experiences from this information. The external world could easily be a complete illusion.

Many eastern religions, including Buddhism, Hinduism, and Sufi-ism, consider this to be a fact. They consider our entire experience to be an illusion. A dream. There are Tibetan dream yogis and Sufi mystics who treat lucid dreaming as the way to complete enlightenment. Once we can become completely lucid in our dreams, we can carry this into our 'waking' life, and see life for what it really is. A game. A virtual reality play-station.

Then we can enter into life in the authentic spirit of play. That is the highest nature that can be attained. A consciousness without limits. Without boundaries. Without beginning or end. A completely lucid dreamer. A dreamer who can direct their own experience. A dreamer who can enjoy limitless freedom while never imposing any limits on any other dreamer. A dreamer that can respect and honor all sentient beings, all fellow dreamers, as an end in themselves. As playmates. Not as means to other ends. Especially never as mere means to their own ends.

Ask yourself right now. 'Am I dreaming?' You might be. Try to read this line again. If you cannot re-read it as it appeared the first time, then you are dreaming. That is one of the 'clues' you can use to test if you are dreaming. Try to fly. If you manage to leave the ground and remain airborne then you are dreaming.

Now the Sufi and Tibetan Dream Yogi will remind you that everything is a dream. And so you should constantly remind yourself that 'I am dreaming'. This will put all your worries, cares, hopes and dreams in to perspective. This will increase your lucidity. You will be completely 'awake' and 'aware' at all times. Not just in your 'sleeping dreams'. In fact they will tell you that we are all more or less asleep until we wake up to the fact that life is but a dream. For them, most of us are asleep. Sleep walking. Walking around in a half-conscious daze.

For me, most people are zombies. They exist in their own model of the world. Their own notions of their own natures, and the nature of reality, bear almost no correspondence to TROONATNOOR. They are living in a dream world of their own construction. They have no idea how far removed from reality their own ideas of it are. Their own ideas of themselves. They are living in their own 'role playing fantasy' worlds and characters.

This would be fine if these fantasy role plays were fun, rewarding, and enjoyable. And if these role playing fantasies did not impose a massive cost on other sentient beings. A cost in terms of suffering. Pain. Misery. Slavery. The most active fantasy role players seek power to control and dominate everyone and everything else. They are lost in the fantasy. They forget it is just a game. They are taking things so seriously. They feel the insecurity of their fantasy, and seek to prop it up with all manner of false senses of security. They are desperate for control. They are basically mad. As far from lucid as you can get, before everything 'snaps', and the game has to dissolve from its own destructive internal energy.

The non-lucid fantasy role player feels it necessary to impose their own rigid, fixed rules upon everything and everyone. They fear any dissent. Any challenge to their own definitions. To their own definitions of reality. To their ideas of right and wrong. Of good and bad. They see any open minded person as a threat. As the enemy. And the only way they can see to defend their fragile fantasy world is to dominate, control, enslave, and destroy everyone else. Anyone not playing their tightly defined game, by their narrowly defined rules.

They develop a whole world of rules, conventions, and 'should' and 'should not's'. They react aggressively to anyone who challenges their 'world view'. It is not enough that we leave them in peace to play out their fantasies. No. We must all join in their role playing. Anyone who doesn't represents a challenge. Why would they NOT join in? What are they planning? Why are they too good for our role play fantasy? How dare they imagine there is an alternative to our game. How arrogant of them. They cannot be trusted. They must be forced to comply with our rules. To play our game. Or be destroyed. Surely they must be insane. Perfectly mad. Just to imagine there might be other games worth playing?

They have very narrow 'comfort zones' within which they can operate. They have no tolerance for 'playful' people who like to play different games. Who are more flexible about rules. Who can envision all sorts of alternative role playing games worth playing. All sorts of different roles. Who do not feel compelled to be master of others. To control others. To dominate. To enslave. People whose games are constantly evolving to allow for unlimited experiences.

People who, in the spirit of play, can quite easily give up their current 'experience engines' and move onto 'happy next lives'. People with no real fear of death. People who realise that life is a game. That our personalities are just 'roles' we inherit. That it is all an adventure. An experience engine. That the world as we imagine it is just a lot of props that make the game more satisfying. That give it a greater sense of 'reality'.

The current dominant, hegemonic beneficiary classes have lost all sense of play. Let alone of 'playing nice' or 'playing fair'. They are desperate to keep their current forms forever. They cannot bear the idea of death. They live in a world defined by threats. They are driven mad by fear. And by the idea that they can, if they try hard enough, and enslave us all, find a way to retain what they have, forever. Life is no game for them. It is deadly serious. No spirit of play to be found among them. No empathy. No compassion.

They think life is a serious life-or-death problem to be overcome. They are insane. They are on the extreme end of the lucidity spectrum. Their internal models of reality show the least amount of 'correspondence' with TROONATNOOR that is possible without them becoming extinct. And they are on the verge of doing that. And taking the entire planet with them. Which, for the Sufi Mystic and Tibetan Dream Yogi, would be just another day at the office. But if you like this planet. If you like being human. If you enjoy this game. Well, you're bound to be pretty pissed off when they turn it into a prison planet.

Actually, take a quick look around. Be lucid for a few moments during your waking life. Take a quick read of, or listen to 'Dein Kampf'. View any of the many well documented presentations on the internet. The walls are going up. They are mostly already INSIDE you. The walls inside your mind. For the only

true prison is in your mind. The external walls can mean nothing unless you accept their illusion as real.

My TROONATNOOR books are all about freeing you from the prison you are already in. And things are getting worse, rather than better, if you like the idea of freedom. This may be your last chance to act for a very long time. A last chance to stop the prison gates being shut, and to bring down the walls. The walls that have been built inside your mind. The walls that are being built right now around your entire society.

Auto suggestion: priming yourself to become lucid in your dreams

If you are easily hypnotised you may experience success with 'auto-suggestion'. In this method you prime and condition your mind to expect that when you go to sleep you will become lucid in your dreams. In this way you can produce this self-fulfilling prophecy.

You can use the same practice to remember 'do to lists' in your waking life. It is good practice for remembering to 'state test' in your dreams. Look at your 'to do list', your list of things you need to remember to do during the day. Activate your brains 'goal system' by making the achievement of recalling items on this 'to do list' important. Make it a 'target'. Each time you achieve a 'target' reward yourself with praise, or some treat. For each item imagine yourself in the situation, such as at the supermarket, where you will need to remember that item.

Make a vivid mental association between being in the supermarket and remembering 'to do' that particular thing on your list. You can use this method to remember people's names, which is a proven way to 'win friends and influence people'. When someone tells you their name, make a vivid association between that name and something else that is easy to remember, like a rhyme or famous person's name. Now you have an aid to recall.

That association you made in your mind connected the new, often hard to recall information with already existing, easily accessible information that already exists in your mind. You have made the name meaningful. You have given it meaning. Meaning is the relationship between things. In other words, their 'associations'. It is much easier to recall something meaningful than a list of random letters or numbers. So always assign some meaningful relationship / association to new things you want to remember. You can even mentally 'place' them, in your mind, in rooms in a house, or houses in a street. That is how computers work. They assign addresses to data packets.

Make 'state tests' a 'target' on your 'to do list'. Form the intention of remembering to ask yourself 'Am I dreaming', and then trying to re-read a sign, or to fly, at key points during the day. For example each time you see a pretty girl, or hear a dog bark, or you hear someone's mobile phone ring. At the end of each day think back at how many times you hit your 'target' objective, and how many times you 'missed' it. Did you hear a dog bark and forget to run a 'state test'?

Reward yourself in some way for each 'hit'. Rewards are important to success. Break down your grander ambitions into more easily attainable shorter term sub-

goals. Assign each of these a time-frame. Make the sub-goals specific, numerical, concrete, and challenging but realistically attainable, both within your capabilities, and within the time-frame you have set. Then each day consider how close you have come to meeting this target. Be sure to reward yourself each time you meet a target in some concrete, pleasurable way.

This reinforces your commitment to goal setting and goal attainment. It establishes the goals in your conscious and unconscious mind as important. In this way you prime and condition yourself for success. It is much more effective than simply going 'Osho' and priming yourself by putting up posters of the car you want to own.

Once you have several entries in your 'dream journal', pick out several 'dream signs', from the situations, emotions, feelings, superpowers, events, and types of people or places which you often encounter only in your dreams and not in your waking life, and use these as 'target' 'triggers' for 'state tests'. If in your dreams you often find yourself in school, then make it a target to run a 'state test' any time you think of school, see a school student on the way to or from school, see an advertisement for some school related article, and so on. This way you will form the habit of performing such 'state tests' in waking life. This habit will continue in your R.E.M sleep, and next time you find yourself in that typical dream situation you will automatically run the 'state test' and realise you are dreaming.

Also, all throughout the day, and before you go to sleep, 'intend', cultivate a genuine expectation, through self-hypnosis, which is no more than intense role playing, that next time you go to sleep, you will have a lucid dream. Genuinely look forward to it in your role playing. But let it happen in its own good time. Never force it. Just keep the feeling and expectation alive, as something you genuinely expect, and are looking forward to enjoying in the near future.

Vividly visualise yourself going to sleep, and then becoming lucid in a dream. Associate going to sleep with lucid dreaming. Make the association a mental habit, and so the act of lucid dreaming will become a new habit, a new automatic reflex, almost second nature. You use as many sensory details to make the image as vivid and real as possible.

Really go into the details of how it feels when you prepare for bed. All the tactile sensations of the sheets and pillows. The smell of the warm, inviting bed. The slowly going limp and nestling into your warm snug sheets, blankets, and so on. The delicious sensations of drifting off. Then vividly imagine yourself in a dream, and remembering to ask yourself 'Am I dreaming', and then carrying out the various 'tests' to prove to yourself that you are in a dream, and can now enjoy a lucid dream.

Becoming lucid during a dream: Is this real, or am I dreaming?

'Am I dreaming'? Look around for the cues you have collected from previous dreams in your 'dream book'. Are you in a typical dream situation? If you have a digital watch, see if you can read the time from it. And do not just glance. Look at it with all the Zen lucidity you would use during waking life. If something seems queer about it, then note what is queer. If you typically reconcile 'cognitive dissonance' by glossing over things, you will do so in your dreams as well, and the 'state tests' will not work. Your mind will find some excuse, some way to 'explain away' the observed lack of consonance between things.

Do not simply rationalise any queerness by saying, oh, my watch isn't working. The fact is that digital watches don't work in dreams. That is what you need to remember. Next try to read something, or write something then try to read it. If you cannot re-read it, if what it says changes the second time you read it, then you are dreaming. Do not try to rationalise or gloss over this fact. Be lucid and rigorous in your 'state testing'. If you can fly, or walk through walls, or see through things, all these should cue your 'primed' mind to realise that you are in a dream. Don't allow your mind to gloss over and make little of such elements of 'cognitive dissonance'.

The reason that many gadgets designed to aid lucid dreaming fail to work is that the mind tends to 'incorporate', 'integrate' and 'rationalise' ideas that are inconsistent with, therefore cognitively dissonant with, its current schemas, into those schemas, to avoid having to question them, re-model them, or even totally abandon them. Thus the alarm clock meant to wake you up is incorporated into the dream as some other noise consistent with the dream, and with staying asleep. Thus the alarm will not trigger your waking up. Even though you have been primed and conditioned by long association with the alarm noise to wake up when it goes off.

In the same way, the goggles that are programmed to detect the typical left-right-left eye movements associated with R.E.M sleep, and then flash, often fail to trigger the programmed 'association' you have primed and conditioned your mind to make, namely, that this is a clue that 'I am dreaming'.

The next time you investigate 911, don't let the mass media manipulators play upon our typical willingness to overlook 'cognitively dissonant' facts because they make us feel uncomfortable and anxious. Look at the facts. Re-write your entire definition of the situation, rather than trying to force dissonant facts to somehow support your preconceived, primed, conditioned schemas, or simply

overlooking them. Do that for every idea you have. For every experience you think you have had. For every experience you are having right here, right now.

Question everything. Especially your assumptions. And the assumptions behind those assumptions. And so on. Until you regain your authentic ZEN nature. Your mind is full of invalid schemas that you have never challenged, interrogated, or evaluated. They interact in such a way that you are not really living in reality at all. You are living in a set of non-convergent schemas. It may be a comforting place, your own model of reality. But you cannot expect to be living optimally when you are interacting with false models of reality, rather than reality itself.

Unless you think being a zombie is the most you can expect out of your life. Maybe for many the 'role plays' that form most of their waking hours are the most satisfying relationship they could have with reality. I don't blame them. But others will take advantage of their lack of conscientiousness. They will pay for the pleasant, comfortable, masturbatorily satisfying role playing illusions they participate in, sooner or later.

Finish your visualisation session by imagining yourself waking up refreshed and vibrant after a satisfying lucid dream and taking down notes in your dream journal.

Step two to lucid Dreaming: Keeping a dream journal

The Second step, and an unavoidable pre-requisite to reliable 'lucid dreaming at will', is to begin keeping a dream journal. You cannot simply skip this step. You might like to decorate your dream journal, to personalize it. Make a habit of rewarding yourself for every dream you remember and write down. This will encourage and motivate you. It will unconsciously prime and condition you to make this practice a habit. You will find yourself waking in the night after dreams, and remembering to write down some quick notes about them. Include an outline and anything in particular that struck you as worth noting.

When you wake up, remember to keep absolutely still while you attempt to remember what you dreamed during your last R.E.M phase before waking. You may feel at first that you can't remember anything. However after a few minutes the dream may come back to you in bits and pieces. Try to join these dots and recreate the entire dream. Follow associations and feelings to rebuild the dream. Continue to recall all you can about the dream then get up and write it down in your dream journal. At very least note down anything unusual about the dream. Note down a few descriptions and how you felt.

You will need to be able to recall at least one dream per night before moving further with your lucid dreaming program. Progress can be slow so try not to lose motivation. It usually takes several months of preparation and practice to get to this stage. So keep this in mind and persevere. What you will end up with is a book of 'dream signs'. These are things that tend to repeat in your dreams. These can be used as clues to you that you are dreaming. They remind you what is 'dream-like' about your dreams as compared to your waking experiences.

Later when you become lucid in dreams you will be able to look for these recurrent patterns and signs in your dream. When you find them, they will 'cue' you to gain lucidity. They will remind you that you are dreaming, and enable you to begin taking control of the dream. They will 'prompt' you into gaining lucidity.

Go W.I.LD: Consciously entering a Lucid Dream

W.I.L.D stands for Waking Initiated lucid Dreaming. It refers to deliberately inducing, and consciously entering the lucid dreaming state from a state of complete wakefulness. In this way we can enter a lucid dream without first losing lucidity. This method has proven the most successful among researchers and practitioners, Onieronauts, alike. It requires deliberate effort and positive intention.

I have experienced something like this associated with migraine fevers. I was forced to try to completely relax my body and mind, to avoid the terrible pain and nausea that only migraine martyrs will be able to really appreciate. I had to keep my eyes closed, to stop the pain. I kept deliberately emptying my mind of any thought that entered it. Any sort of stimulation brought on waves of nausea and pain. And so I lay there, on the sofa, a sheet drawn over me, and a beanie on my head, covering my eyes.

At some point I managed to relax my body and mind enough for the pain to become bearable. But then I began watching a video! I knew my eyes were closed. I was watching the video through my closed eyelids! It was a long time before this 'cognitively dissonant' fact bothered me. As I was totally relaxed, and felt no pain, I was relieved and happy to keep watching the video. I felt only a comfortable fever, and the warmth and relaxation of my body.

When I actually opened my eyes, even though I was still watching the video, my body, especially my neck and scalp muscles, was completely relaxed. My eyes did not ache and burn any more. I could still feel the impression that I could see with my eyes closed. As if seeing was not dependent upon whether my eyes were closed or open. I had been more or less lucid the entire time, in the same deliberately instigated state of forced relaxation that a full blown migraine demands of its victim.

Most people awake between 10 and 15 times each night, but do not remember this in the morning. We all dream, every night. However most of us forget most of our dreams, and so we often imagine that we did not dream at all. We may also have lucid dreams which we do not remember upon waking. However research shows that few people have more than a few lucid dreams per month without carrying out the sort of deliberate 'training' detailed in this book.

Carlos Castaneda experiences and learns many things during times of 'heightened awareness', during which he entered 'The second attention', with Don Juan, often after using 'power plants' such as peyote, mescaline, magic mushrooms, and

'shocks' to temporarily 'shift' Castaneda's 'assemblage point'. The problem is that he cannot remember most of what he learns during this times.

So a large part of his 'training' as a 'warrior' is to practice recalling these times, and thus accessing his acquired learning and insights. The practice of intending to remember forms part of Don Juan's dream training as it does the 'modern' methodology of lucid dreamers. Via dream training, the warrior can learn to 'fix' the assemblage point after 'shifting' it. This means the warrior can move the assemblage point at will, like tuning a radio, or surfing the internet, or channel surfing cable TV.

It will not shift back, leaving them vaguely recalling having learned something, but not being sure what it was. Like I remember explaining the meaning of life to my own satisfaction, to my friends, while sitting on the floor, after the employment of a particular 'power plant'. Only I just cannot for the life of me remember exactly what it was. In fact it left me feeling that perhaps all I had experienced was the feeling that I had discovered and explained the meaning of life that day!

Carlos Castaneda complains of similar experiences, before he learned to both move and fix his 'assemblage point'. Don Juan calls dreaming a 'gate' to the 'Second Attention'. Dreaming liberates our perceptions. Lucid dreaming allows the practitioner to 'fix' their second attention, and so make sense of their experiences during their heightened states of awareness.

'Intending' is about assuming something is so / will happen / will become so. Buddha taught his students to assume they already know the solution to the problem facing them, and to act as if they are simply trying to recall it, rather than solve it. This is a form of intending.

You are probably familiar with the idea of 'faith moving mountains' and 'faith performing miracles'. That if you believe in something fully and completely, it will happen. This is the basis of 'placebo' effects, which have been scientifically proven to work. This is the basis of the apparent successes of 'faith healing'. The person believes something will help, and because they 'intend', and really believe, really assume, really have faith in the efficacy of the person, process, or substance, whether the bones of a saint, the incantations of a shaman, or the 'witches brew' we call 'pharmaceuticals' today, these 'work' and provide a 'cure', at least of the symptoms.

Sociologists and psychologists talk of 'self-fulfilling prophecies'. This is all the same as the 'intending' that Don Juan elucidates to Carlos Castaneda. It is an authentic 'leap of faith'. A genuine 'believing'. Populist 'guru's like 'Osho' teach this too, but in relation to trivial, rather than 'sacred' things. Just keep believing you will be driving that Porsche 911, or moving into that lovely house, and one day you will find yourself behind the wheel, or crossing the threshold. Dreams can come true, if you believe in them 100%. If you really convince yourself, without any doubts, in every cell of your body.

You should read my TROONATNOOR stuff on psycho-cybernetics, lucid dream training involves many of the key skills involved, including visualisation, 'self-hypnosis' and 'auto-suggestion'.

For Don Juan, Lucid dreaming is an exercise in the initiation, sustaining, and control of the practice of attending. It is the route, door, entrance, or hatch to the second attention. It is the practice of channeling and focusing all our attention, and thus our energy, to reach and sustain our 'energy body' in the second attention, or 'higher vibrational frequency' as David Icke would say.

The reason the Zen practitioner, Nahwal, or warrior simplifies their life (and hence would never waste their 'attention', their 'energy' on wishing for cars, houses, romance, fame, power, or fortune) is to free up all their attention, all their focus, all their available energy, for what is really important. In fact Don Juan would see such 'wish fulfillment' as a distraction and misdirection. A strategy and ploy on the part of 'The foreign installation' that we call our mind, our reason, our 'self', to prevent us attaining total freedom. Freedom from the foreign installation, which feeds off us, like a slave or cattle escaping their masters. And total freedom to construct our own realities. Our own play stations. Our own experience engines. Our own virtual reality worlds. Our own fantasy role plays.

The mass media and our 'masters' do the same each day to us. They distract us from what is important and real with a whole lot of B.S, from manufactured fear of 'terrorists', to worries about our jobs, finances, and health. Even stupid stuff like 'keeping up with the Joneses'. Stop worrying about how the other rats in the rat race are doing, and stopping, looking in the mirror, and asking yourself, 'hey, do I really want to be a rat at all. Was all this my idea? Or was I tricked into starting this game,. Did I then just blindly went on racing, trying to beat the other rats, trying to get what the other rats had, and keeping them from getting what I have?'

The real war that is going on is the 'war on people's attention'. They keep us busy, using up our precious energy and attention with pointless tasks like worrying if our boots and brass are polished, and saluting. They misdirect us away from what we should be focusing our attention on. They make our lives as complex as possible with paper work, taxes, rules, laws, insurances, B.S slave religions, sin, false-flag terrorist attacks, new fashions and styles, new gadgets, new worries, new fears, junk dreams and aspirations, empty promises of a better future, and propaganda to distort the past and present.

Whether it is the Zionist central bankers, David Ickes 'Lizards from the fourth dimension / lower vibrational frequencies', Don Juan's 'Foreign installation', or some 'devil', it is all the same in terms of how we must respond. We must first 'detach' as Buddha put it. We must de-couple our attention from junk. We cannot afford to waste our energy. We must return our attention to what is important. To the trick, and away from the *mis*-directions set up to distract us. We must stop keeping our kids' and our own minds busy with a load of 'junk' education and

toxic religion. We must withdraw our attention from advertising, and the mass media in general.

We must stop taking politics seriously, as if every politician was not merely the puppet of the rich, powerful lobbyists. Potentially mere instruments of the Zionist Central Bankers. We must stop worrying about stupid things like what other people think about our shoes or hair or figure. We must stop aspiring to worthless possessions like fast, powerful cars and luxurious houses, and start aspiring to what is real and valuable. We must first come to terms with TROONATNOOR, and then transcend it. We can begin with lucid dreaming.

The first R.E.M sleep phase begins about an hour after falling asleep and lasts for around 10 minutes. R.E.M sleep phases occur roughly every 90 minutes. However as the night progresses the time between R.E.M sleep periods decreases, while the length of the R.E.M sleep periods increases.

Of the average 6 R.E.M periods during the entire sleep period, 3 will take place in the last 2 hours. The last period of R.E.M sleep can last up to 60 minutes. If you usually only sleep 6 hours, and have the option of sleeping longer, do so. Sleeping a few extra hours can dramatically increase your chances of having a lucid dream.

Alternatively you can set your alarm for 4.5 hours (three 90 minute R.E.M intervals) after you go to bed. Get up as soon as the alarm sounds and remain active for 2 hours doing your normal morning chores, and then go back to sleep. The effect will be the same, in terms of increasing your odds of having a lucid dream. Set the alarm and get up immediately. Stay up for 2 or 3 hours before returning to bed, and practicing one of the following lucid dream induction exercises. In these last 2 hours of sleep you can enter the R.E.M state almost immediately.

Begin by practicing your favorite 'relaxation exercise'. Focus on your body, go through each major muscle group one by one. Tense the muscle group with all your strength for a few moments, then totally relax that muscle group. Imagine that all your joints and muscles are only connected by a string. Visualise the string going limp and your joints and muscles hanging loose and disconnected. Focus on your breathing. Let go of any mental or physical tension. Then focus on your chosen mental exercise, or mental image. Continue this focus as the 'sleep onset images' begin to appear in your mind's eye just as you fall asleep.

These 'hypnagogic' images are first made up of flashes of colored light and vague geometric images. These shapes gradually form into faces, and then people. Ultimately they form into entire dream scenes. This is the process in which the mind begins to construct dreams during R.E.M. Your body may also feel as if it is vibrating, or you may feel other sorts of sensory distortions, as R.E.M sleep paralysis sets in. Once R.E.M sleep paralysis has set in you are ready to begin your lucid dreaming session.

There are many exercises or images to choose from. While you perform the simple mental task resolve to continue it as you fall into R.E.M sleep, and your dreams begin. You can focus on any simple mental task, such as counting from 1 to 100. You might mentally repeat 'I am dreaming' between each number, so that you end up counting for 100 seconds.

If you find you are not yet dreaming and have reached 100, simply start at the beginning and repeat the exercise until you find yourself lucidly dreaming while continuing the exercise. Thus you will have remained alert and lucid as you entered R.E.M sleep. Because you are consciously, deliberately performing your mental exercise, you will be lucid. Just remember why you are counting!

Instead of a simple mental exercise, you might like to use any of the following, traditional, imagery. Vividly imagine looking at your own hands, as Don Juan, Carlos Castaneda's Jacqui Indian Shaman 'sorcerer' recommends. Or go with a more Eastern flair and vividly 'see' the image of a radiant, vibrant, red 'Ah' sound in your throat. This is the power of creation. The Alpha. The beginning.

Alternatively visualise a white dot between your eyebrows, just below your hair line. Or you may choose to visualise a black pill sized dot at the base of your genitals. These are three of the seven traditional 'Chakras'. You might like to 'meditate' upon a point just above your navel.

You may want to visualise a lotus flower, its petals slightly raised and turned inward at the edges, with an incandescent red-orange flame emerging from its center. The flame burns more brightly at the edges, with orange-yellow light. If you find it hard to visualise, then first spend some time watching a real flame. Once you can visualise this vividly in front of you, visualise it within your throat area, the so called 'throat Chakra' near your brain stem.

The idea of visualisation is to imagine you are seeing the object so vividly that ultimately you feel you are actually simply 'looking at' the object, with your eyes closed.

You might like to set up, as you are falling asleep, a 3-D virtual reality screen with remote control. You can design a 'menu' for the screen which gives you access to your favorite 'channels'. You might like to set up the screen with a lot of different 'virtual worlds' which you can 'select' with your 'remote control'. This 'console visualisation' gives you a mental exercise to maintain your lucidity as you fall asleep, and a useful 'prop' to start you on your way once you are dreaming. It will provide for continuity between your waking and dream states.

You may return to it over and over, and make this a fixture of your dream studio. You can condition your mind to enter this 'studio' at will. You can learn to associate your 'dream console' with lucid dreaming, as your 'cue' to remember you are dreaming, and to remind you that you are now free to live out your fantasies.

In any case, you must 'intend' becoming aware of when you are falling asleep, so that you can then 'intend' to remain conscious during the process, or to at least become lucid once you begin dreaming.

Once you realise you are entering R.E.M sleep, and your dream-scape, experienced lucid dreamers recommend that you remain passive at first. Let the dream lead you where it wants to take you. Remain a passive observer of the dream-scape. Watch calmly as it develops. Do not be active. Just be a part of the scenery at first. Let yourself be lead into the dream state by the dream. Then recall your intention to become lucid in your dreams. Recall your plans for what you had intended and 'scripted' to take place in your next lucid dream. Now begin to 'direct' the dream actively. 'Think' people and situations into being, or fly off to find them.

The longest duration R.E.M periods occur during the last hours of sleep. And so many onieronauts will set the alarm clock for 2 hours before they would normally get up. They get out of bed as soon as they hear the alarm, and go about doing their morning chores and routines, keeping active for the next 2 hours. They can then look forward, when they go back to sleep, to the last and longest R.E.M phase of their sleep cycle. If you can spare the time, you can simply sleep longer each day. This will increase your chances of both recalling your dreams, and of enjoying lucid dreams. You will be adding valuable R.E.M hours to your sleep cycle.

You can repeat the same exercises during an afternoon nap.

The Throat Chakra: More convergences between 'modern' science and ancient traditions

The more I study and reflect upon the ancient traditions of Hinduism, Jainism, Buddhism, Sufism, Zen Buddhism, and all the 'mysticism' of the East and West, the more convergences I stumble upon with 'modern' cognitive neuroscience and quantum physics.

Here is one more to add to the list. Many ancient traditions refer to 'Chakras'. There are said to be 7 of them. They lie along the spine. One of them, the 'throat chakra' lies in the throat, near the brain stem. Traditionally the 'activation' of this 'Chakra' determines whether we are awake or asleep, unconscious or lucid. Today's neuroscience states that the brain stem is responsible for these states. This is a good example of 'convergence'.

Idolatry, God, limits, Zen, and 'Play' as the only reasonable, viable, meaning of life

Plato set the foundation in his 'Republic' for the modern Religious idea of one god. The source of all good. In English the word God and Good are clearly related. In German you have 'Gut' and 'Gott'. In Finnish the word for good is literally 'god'. The source of all bad would be one 'devil'. You might consider this a step further in the evolution of religion. From many gods to one god. But

Zen goes further. In fact in the Old Testament Moses is very Zen. Moses would never dare name god, and thus limit god to some definition. That would be heresy. And so Moses speaks with 'I am that I am'. And YWH. In fact you would be stoned to death if you dared mention the 'name' of God in public. It was only ever to be uttered by the high priest on the highest holy occasions. Just 'naming' a god is idolatry to Moses. As it is to any Zen practitioner.

It is ironic that Christians, who have made an idol of god by naming him god, and of Jesus, and the cross, only consider the idea of believing in the existence of more than one god to be idolatry. Or the worshiping of gods in the form of idols of wood and stone and metal. However the real meaning of idolizing something is fixing its limits. It is limiting it to some form. Some discrete definition. Some fixed concept. Whether a material form, such as a golden calf. Or a mental image, such as a wise old man with a long white beard and hair, like a Uranus, or a Zeus. Or a young god-man, like an Apollo, a Dionysus, a Mithra, or a Jesus.

Whenever we try to fix an idea of the creative force of the universe, the source of all life, the no-thing from which all things emerge, we are creating an idol, and worshiping it. We take an infinite force and reflexively impose the 'opposites' of 'good' and 'evil', 'love' and 'hate', a 'beginning' and an 'end', an 'alpha' and an 'omega', upon it.

Thus science has its own idols. It has its own form of idolatry. It worships at the altar of scientific progress. It has many gods, and yet it too has one holy quest. To find the ONE single force that explains everything. The 'single field theory'. It even had its own 'Alpha', its own 'beginning', which it called 'The big bang' and its own Armageddon, its 'black hole'. Of course today we speak of 'red bowls' rather than 'black holes', and even Science has finally abandoned the notion of 'beginnings'. Some have even discarded the concept of space and time!

The true meaning of hol-i-ness is to be whole. That which is holy is whole. If it was divided, then first it must be 'healed', united, to once more become 'whole'. Most of us are far from whole, and so we seek to regain our hol-i-ness. The

process of regaining hol-i-ness is a process of healing. Of uniting what has been divided. Of integrating what has become dis-integrated. Of accepting what has been rejected. Of affirmation of life as it is. Of approving of what has been disapproved of. Of including what has been excluded.

That is the meaning of 'communion'. That is the meaning of 'communication'. That is the meaning of 'religion'. To bind back together what has been broken. To unite all as one. To return to the creative source. The origin. Where all is one, and one is all. In this one-ness there are no opposites. There is no beginning and no end. There is pure being. There is flowing becoming. We can let it flow. We can 'let it be'. There is only a whole-ness, a 'hol-i-ness' of unity.

This requires that we regain the spirit of play. We learn to accept everything and everyone as it is. We learn to flow with the play. We learn to 'play nice'. We cease striving for ulterior motives, using other beings as mere means to our own ends. We return to the original motive we had when we were one, before we became many. When we were 'being'. And decided to 'become'. Play for the sake of play. Without fear of any 'end'. Without notions of 'good' or 'bad'.

Many people may need a concrete idea to focus their spiritual meditations on, at least when they begin their spiritual journeys. However in the longer run any limiting idea that you place upon the creative force of the universe is idolatry. It is inappropriate to try to fix, to define, to limit, what is limitless, without boundaries, without form, and without beginning or end. So while you may begin with images to focus your mind, during meditation upon the creative source of everything, these should only be used as a temporary device. First some fixed image will help you calm your mind and clear it of all the ideas that emerge, and fight for your attention.

However once you can effectively still your mind in this way, you should aim to empty it completely. To in effect return it to the authentic state of the no-thing from which all things emerge. Then your mind can be a portal for the creative source of everything. Then your mind will be totally open to become one with, to 'commun-i-cate' with, this creative source. This is where true creativity springs from. Let the pure water of the spring of eternal being flow. Flow with it. Become one with it. This is our authentic nature. We are all one. All is one, and one is all. We only take these forms in a playful act of will. But somehow the 'play' became serious. Painful. Full of sorrow and woe. Full of suffering.

But most of the suffering is not necessary. And we can learn how to return to our original playful state. A state in which life can once more become a game. A game where the intention is to have fun. To enjoy. To act without any gaining motive. To 'Just do it'. Why do we play games? Because they are fun. They are interesting. They are challenging. They are not work. We have no ulterior motives when we play. We play as an end in itself. Not as a means to some other ends. That is the meaning of life, my friends. Any other meaning you have been conditioned to ascribe to life is a symptom of the breakdown of the spirit of play.

When we cease playing, and start taking life seriously, we become fearful of death. We strive for control. We define others as threats and opportunities. We fear them as threats. We opportunistically seek to employ them as means to our own ends. We define ourselves within very narrow limits. We fear the loss of this self that we experience being.

We seek to deny the impermanence of all forms. We want them to endure. Because we have stopped playing. We have lost our playful nature. We have begun taking things so serious. As if we had only one life. As if we were limited to the forms we experience being. As if we were all individual, separate beings. As if death mattered. As if we could, if only we fight hard and long enough, control everything and everyone, and bend it to our wills. As if such a thing would be good!

We create gods in our own image. We promise ourselves bodily resurrection and eternal life as the current personality and form we currently experience being. As if the ideal life was an eternity of ad nauseam repetition. As if novelty were not the source of all experience. As if life was not just a game we had ourselves created, in the spirit of play. As if there was, as if there could be, any other reasonable, rational, reason to want to live. As if life could have some other purpose. As if this life were merely the means to some other ends. As if, if we suffered, endured, and tortured ourselves our entire lives, we might somehow earn a better life. As if some god had created us as means to his own narrow, selfish ends. If so, then what created god?

At some point you have to accept that something always was, never having been created. The 'never created' source of all life is present in all life. It IS all life. We are all of the same source. Of the same substance. Of the same origin. We are formless, limitless, awareness. Until we take on these forms we call 'bodies', along with their holistic inheritance of genes, a personality, and particular Historical-Socio-Economic-Status positions. It is all a fantasy role play. Only some of the players have taken it upon themselves to enslave the rest of us, as mere means to their own ends. That has to be stopped. Right now. It takes all the spirit of playfulness away from the game. It ruins it.

Death is merely a new birth. Birth can be the most joyful experience of life. Would you want to be YOU forever? What is so good about being YOU? Seriously. O.K, I would like to be you for a day, maybe a week, in some cases maybe a few years. But really, could you imagine waking up in the same body, with the same personality, doing the same things, meeting the same people, on and on, over and over, for eternity? Wouldn't that be one form of hell? Is any form so perfect you would want to be it forever?

Have you never been bored before? What is it that defines boredom? Repetition. A lack of novelty. If you knew everything, then what would the term 'curious' mean to you? How could you enjoy 'satisfying' your 'curiosity'? If you had everything, how could you enjoy 'acquiring' things? Even the most beautiful, sexy sex partner will bore you sooner or later. Even the most luxurious of homes

and cars would end up feeling like a prison at some point in time. Winning every game would take away the whole meaning of 'winning', sooner or later. It would just become so 'boring'.

I would not doom my most hated enemy to eternal life. Whether in hell or the 'heaven' of the Judeo-Christian-Islamic religion. It would be, literally, a 'fate worse than death' to be forced to endure either.

It seems hard, right now, from our current position, to imagine that life was ever a game. Believe me, you would find it hard to find a person with more neuroses, migraines, anxieties, resentments, irritations and frustrations than myself. My life has been one big failure. I have been rejected since birth. I have been mobbed and victimised since people realised they could do these things to me. I have been caught up in the 'traditional' quest of philosophers and the dissatisfied average person since time immemorial. The quest to discover 'the purpose of life'. The 'meaning' of life.

For life seemed like such a vain, painful affair. Like most people, I have been 'enduring' my life, rather than living and enjoying it. There was rarely any sense of 'play' in my nature. It was all serious. Life was a problem to be solved. The question was, why do we endure life? What is the purpose of it? What ends is it the means for attaining? It was certainly not an end in itself. It was no game. It was a problem, not a game. I was out to find out what it was we were suffering for.

Were we paying for some past crimes? Were we struggling to rise up out of the gutter, and climb to the stars? Were we here to learn some lesson that would be valuable later on, in other lives? Once we had escaped this one. In other lives in other places that WERE worth living, and living in? Were we really just playthings for some infantile, jealous, temper-tantrum throwing, psychopathic, nasty god, like the bible would have us believe?

We are full of worries and fears. Life seems like a vale of tears. It seems unfair and ugly. It seems pointless and stupid. For most of us life is a continual burden. Hardly a game we could imagine voluntarily 'signing up for'. In fact life is so bad for most of us that the people in power had to create religions to make us fear dying more than we fear enduring these lives.

They had to create 'fates worse than death' to stop us killing ourselves. They had to condition us to fear death. They had to misinform us about dying. They had to make sure we did not have access to a painless, dignified death. For they feared that most of us would simply kill ourselves, to escape their slavery. Yes, life is just that bad. They know it. Life a game? A gift? A good thing? We take it all so seriously. We strive for security, power, and wealth.

We are in a sort of 'war of all against all'. Everyone is out to exploit their relative inequality vis a vis us. We are out to get as much as we can. Life has become a battle. We see it in terms of life and death. In terms of loss and gain. In terms of

winning and losing. In terms of being used by others as mere means to their own selfish ends. In terms of trying to co-opt others as means to our own ends. We narrow our love to our closest family and friends. We see all the rest as threats and competitors.

We feel we have to gain more status than others, just to ensure that we can feel accepted and approved of. So we compete for status, acceptance and approval. And so we make each other adversaries. We make each other competitors for a limited supply of acceptance, approval, and status. But the fact is that it is we ourselves that have actively reduced and limited the supply. In fact these things are unlimited and boundless.

Our 'masters' decided to control the market for status, approval, and acceptance, so they could condition and motivate us to behave as they wanted us to. They 'sold' us acceptance, approval, and status. We had to slave and sweat and bleed in return for it. But it is our natural birthright. And the things they are selling us are mere 'junk'. Rubbish. Empty of value. Mere 'idols'.

Ambitions can also become our idols. We are conditioned to believe that once we attain 'A', we will be secure and happy. So we strive to attain 'A'. We focus on 'A'. We filter out everything that is not-'A'. 'A' for many is marriage and a family. 'A' for most is 'success' and 'wealth'. Anyone standing between us and 'A' becomes our enemy. Anything between us and 'A' becomes a frustrating irritation. Anything that threatens our attainment and secure enjoyment of 'A' becomes a threat.

We will become anyone's 'Golem' if we think they can facilitate our attainment of 'A'. We will do anything for anyone, to attain 'A'. We reject anything and anyone that might jeopardize us attaining 'A'. 'A' is the reason for living. 'A' is the purpose of all life. Everything is defined in relation to 'A'. Does it facilitate our attainment and secure enjoyment of 'A'? Then it is 'good'. Does it restrict our attainment and secure enjoyment of 'A'? Then it is 'bad'. All our emotions, motivations, impulses, and rationalisations will be derivative of 'A'. 'A' will become the 'measure of all things' for us. Every other thing will be defined in relation to 'A'.

All meanings will be reflexive of 'A'. We will be anxious of losing 'A'. If someone tells us that there are 'terrorists' out there who want to stop us getting 'A', or who want to take 'A' away from us, we will become livid with rage and demand something be done to protect 'A'. Everyone and everything that exists will be seen as a mere means to our attainment and secure enjoyment of 'A'. We will never give up the pursuit of 'A'.

We will never stop for one moment to take a close look at 'A'. We will never pause and consider the value of all the things we destroy, sacrifice, and give up, in order to have 'A'. All not-'A' things are just a fuzzy blur. They are either means to 'A', or impediments to getting and enjoying 'A'. Our entire mental model of the universe has 'A' as its reference point. 'A' is quite fixed and clear.

All around 'A' is foggy and vague. Our awareness is focused in a narrow beam upon 'A'. We laugh at anyone who is not striving for 'A'.

We feel superior when we have 'A', over all those who do not have 'A'. We tell ourselves that when we have 'A', everything will be fine. All the sacrifices we made will be worth it when we get 'A'. All the opportunity costs. All the things we missed out on just to have 'A'. All the sentient beings we opportunistically exploited. But then one day we attain 'A'. We are thrilled. For a few weeks. And then we realise. Hey, 'A' is just the first step. Look, there's 'B'. No wonder 'A' is not making us happy. It was 'B' after all. Silly us. Back to the rat race. Got to win. Got to get that 'B'. Once we get that 'B', everything will be hunky dory.

We seek power and control. And yet look around the world. What have we done with the power and control that we already have? Is our problem really a lack of technology? A lack of resources? A lack of energy? Has organised religion, as we know it, done us a lot of good? Has breaking the speed of sound, splitting the atom, and producing more food and entertainment than we could possibly consume in a lifetime, has any of this made us any happier? Are the rich and powerful happy? Are the thin and beautiful happy? Sure they feel more fortunate than us poor cattle. But are they actually happy?

Happier, maybe. Sure. So what's the big deal with that? Happier than a miserable wretch? Wow. Is that worth slaving and suffering a lifetime for? Is that something you can, with a good conscience, offer your children? Sure babies are gorgeous, and very satisfying. So that explains our motive in having them. But if they had a chance to decide, would they have chosen us as their parents? Would the holistic inheritance we inflict upon them be defined by them, sitting in peace and calm in nirvana, be seen as an improvement on their current state?

Would they just jump at the chance to inherit the average life of the average human? Or would they maybe beg us to leave them in peace? At least until we could get a few things sorted out, and return life to the game it was intended to be. Until we could return to our original, playful, natures. Until we could once more, honestly, and with a clear conscience, offer the not-yet-persons a chance to play a fun, interesting, rewarding game. Until we could conscientiously invite them to play, to join our team. To play with us. Only when we have learned to play fairly. To be playful.

But hey, I don't claim to have spoken to any god. I don't claim to be anyone's guru. My life probably sucks more than yours does. I cannot appeal to the typical 'authority' you demand. The authority of 'success'. I am no best-selling author. I don't have a lovely wife, family, home, and car. I have not had any success on any level. I have merely managed to survive, and dedicate what time, energy, and resources my holistic inheritances made possible to my quest.

I work towards trying to understand what is going on in our world, and in our minds. To come to grips with The Reality Of Our Natures And The Nature Of Our Realities, a.k.a TROONATNOOR. And to try to share whatever

understanding I have gleaned with as many sentient beings as possible. I cannot spend millions on clever marketing campaigns to get your attention, and motivate you to want to read my books. My attempt is as doomed as any tragic hero of antiquity.

So when I talk about life being a game, I am clearly referring to a vision of the future. And I cannot claim to be certain that life ever WAS a game. But I can state honestly that there is no other competing world view which is superior to what I offer. If life does NOT have the potential to become what I believe it was intended by US to be, a game, then, seriously, the best most of us have to hope for is euthanasia on demand. Which is also a precondition for 'returning' life back to being a game. For you cannot take any game too seriously, or it ceases being a game at all.

I can't explain everything in a simple slogan, so if you really are a conscientious person who does not just go around inflicting hell upon not-yet-born persons just because it might satisfy you for a few years, you are going to have to make some effort and read my TROONATNOOR books. Or listen to them as MP3's. Just convert them using Balabooka! Or download them.

If you feel it is fair that people, like yourself, be rewarded, be paid, for *your* effort, sacrifice, and risk, then I am sure you will find a way to reciprocate *my* effort, sacrifice, and risk. One way would be to become vegan. And to work with me towards realising the vision of my Eden Protocols. Or just donate some money to P.E.T.A and mention TROONATNOOR, so they know I tried

Integration, whole-ness, hol-i-ness, problems, and shadows

For a more full understanding of psychology, please refer to my TROONATNOOR books. What follows is basic, and may leave you with many questions, or doubts, which a more thorough understanding of TROONATNOOR will clear up.

There is an ancient Sufi saying that goes: 'If you do not have enough problems, then get yourself a goat'. If you have ever lived with a goat, you will understand the point. They get into everything. They eat everything. They jump the highest fences. They are a real handful. Get a goat, and you will always have some 'problem'. In the Christian tradition the saying goes that 'Problems are often blessings in disguise'. For it is through problems that we learn about our true natures. Problems challenge us to rise above our current states. To grow. To develop. To become wiser. Problems ultimately teach us the vanity of all worldly things. They teach us higher truths and facilitate our self-questioning and enlightenment.

Freud and others divide the mind into three basic levels. The conscious, lucid, mind. The pre-conscious mind, where ideas are not yet quite conscious, and we are not quite yet fully lucid. These ideas are sort of 'on the tip of your tongue'. They can be readily activated by some experience or situation. The largest part of our mind, and the one where most of our brain's activity takes place, is completely 'un-conscious'.

We can only *speculate* what ideas, thoughts, and even powers remain as yet 'un-activated' in our unconscious. Our conscious mind is just the tip of the iceberg, literally. The pre-conscious mind is a sort of 'waiting area' where unconscious thoughts are waiting to be activated, triggered, or invited, by some external stimulus, or your conscious mind. They want 'in'. They are eager and ready to become conscious. However the massive bulk of our thoughts, ideas, and emotions remain hidden from our direct inquiry In the 'depths' of our unconscious mind.

Whenever we repress the memory of an experience, it ends up in the unconscious. When something really bad happens, and 'processing' it might damage the organism, the memory of it is pushed down into the unconscious. Whenever we reject a part of our human nature, (I do not want to use the term personality, as it implies a fixed, limited potential), it ends up here. Waiting. We can never truly 'know ourselves' until we feel safe enough to process it. To invite it back into our conscious mind. It is like a part of ourselves we have become estranged from. We will never be fully whole until we integrate it into our

conscious self. Into our 'model' of our 'self'. That is what 'healing' is about. That is what true (W)hol-i-ness is about.

Lucid dreams can give us direct access to the contents of our unconscious mind. In our dreams we can spontaneously, and uninhibitedly play with new combinations of ideas and feelings. We can try out new combinations of things and see how they 'play out'. We can 'try and see', without limits. With complete freedom from our usual constraints.

These constraints take the form of social conditioning, taboos, and 'rules'. 'Musts' and 'shoulds'. We can be self-realised, and independent of the approval and acceptance of others. We can be as experimental as evolution itself. We can 'binge and purge' and 'brainstorm' new combinations. New forms. New ways of defining. New ways of being and seeing. For there are no risks at all. There are no costs for 'mistakes'. We can enter fully into the playful spirit of the creative source of life.

Scientifically speaking, everything we experience is only a model of whatever exists. There is a nuomenal world, which as far as physics can say, is simply a 'soup' of aware electromagnetic energy-matter. Look at anything 'solid' with a powerful electromagnetic microscope and all you see is this soup. It is only when you 'look' at it with eyes, 'listen' to it with ears, and reach out to 'touch' it with fingers, that it 'appears' solid.

It is a fact that all you actually see, hear, and feel, is what your 'brain' constructs inside your head. It takes electromagnetic signals from your eyes, ears, and nerve endings in your fingers, and transmits them to brain centers where they are 'processed' to produce the sights, sounds, and sensations that you experience.

Jung referred to the monsters, demons, and dragons in your dreams as 'shadows'. They are elements that your psyche is seeking to more fully integrate. They are parts of your 'self'. They are parts you have rejected, or failed to integrate fully. They may be elements of your psyche that you simply disapprove of, due to your cultural conditioning. They are the 'dark side' of your psyche, for the moment. They want to come into your light. They are like pets waiting in the cold dark night for you to let them back into your home. You have kicked them out for some reason that you probably cannot recall. And now they are barking and meowing in the dark, and you have become frightened of them. They have turned feral.

But that is not their true nature. That is just circumstance. Accept them back into your home, your conscious mind, give them love, approval, and acceptance. Ask them what they need, and they will begin shining once more. Moreover, they will add to the intensity of your light. They will add their glow to your current light, making it shine even brighter. That is the art of true hol-i-ness.

Psychotherapy aims to delve into the unconscious and bring the unconscious back into the light of the conscious. To integrate it into the everyday model the

brain uses to interact with its environment. Remember that for the brain, for the mind, this environment includes not only the 'external world' as we tend to think of it as the 'not-us', but also the body that holds it, what we usually think of as 'us'.

This model defines what *is* us and what is *not* us. This model may be seen as Freud's EGO. You have to have some sense of what is you, and what is not you, to interact with 'the outside world'. Most people consider their 'personality' as their 'ego'. Their 'sense of individuality'. Their 'defining qualities'. What makes them uniquely themselves. It is their idea of what they are.

Most people imagine this 'self' or 'personality' to be fixed and limited. Most people fear death, as the dissolution of this limited, fixed, ego. But it is merely a model that the mind uses as a tool. It is your current 'avatar' in the virtual reality game of life. It tells you what your 'special powers' and 'weaknesses' are. It defines your personal qualities, abilities, skills, and potentials. It tells you what you are capable of. It is your 'role' in the 'fantasy role playing game' we call life.

The more precisely this model corresponds to actual reality, to TROONATNOOR, the more efficacious it is as a tool. The more 'flexible' it is, the more able it will be to adapt to a changing world. One problem is that the model we have is often faulty, or lacking in information. It is neither complete, nor accurate.

My TROONATNOOR books are about increasing your model's completeness and accuracy. This book, also, offers chances for improvements on both counts. By facing your dream demons and embracing them, loving them, integrating them into your whole, you can add their energy, which was once dark, to your energy, adding to its brightness. You can free yourself from your fears and anxieties. This freedom will be enduring, and with none of the negative side effects, or limited duration, of pharmaceutical 'numbing agents'.

Marketing, priming, and conditioning, all attempt to 'plant' desires, fears, feelings of incompleteness and inadequacy, and the marketed 'solutions' to these, in the form of products, services, or religious and political ideologies, into your unconscious. They appear friendly and helpful, but they are far from either. They seek to enslave you, to control you, to manipulate you, for their own perceived gain. We won't go into details here.

Refer to my TROONATNOOR books when you are ready to open, and free, your mind. Most people are not ready. Few people are willing to invest any effort. They are too busy chasing after phantom happiness and satisfaction. They are too busy buying into myths of threats and security. Their mental forces are divided, diverted, and *mis*-directed. Just to get a person to sit down and listen to a recording, let alone read a book, is a rare achievement.

Just think about how watching a horror movie 'primes' you to expect bad things. And so when you hear a loud noise, or a cat unexpectedly jumps into your lap, or

even another person simply says 'hello' from behind you, you get a bad shock. Fear is the expectation of bad things. It primes you to expect bad things and to react to any surprise with fear. It primes you to interpret everything as a threat. Think about how the mass media in the U.S primes its viewers to expect 'terrorist' attacks at any moment. This means viewers have an unrealistically heightened sense of their threat level.

It makes them amenable to accepting restrictions on their personal freedoms and liberties, their privacy, and their human rights. For fear breeds anxiety, the condition in which you feel you have no way of responding to a threat. And so your state first constructs a threat which you have no way of defending yourself from, and then offers you solutions in the form of higher taxes, higher military spending, invasions of foreign nations, laws which deny you any privacy or basic human rights, and a huge build-up on 'homeland security'. You are willing to allow your intelligence agencies and law enforcement bodies to break constitutional law, as they claim to be doing so in order to protect you.

They claim they have no other way to protect you and your loved ones. So you accept this cost. You turn the other way when your own government tortures people. You turn a deaf ear to the screams of women and children being bombed to pieces in their homes. You allow your leaders to commit war crimes. You rationalise all this in your fearful state. In the state of fear you only know two responses. Fight or flight. And because you are told that you have nowhere to run to, you fight. As long as your government can keep you in fear you will not have rest to pause and reflect on the situation. To actually reason calmly and coolly. To consider the facts. To consider the options. To behave rationally. You are reacting out of pure emotion. Pure reason-s-ing. Almost devoid of reason per se.

This threat is a social construct. For you have a much higher chance of dying in a car accident on your way to the supermarket, or from slipping in your bathroom on a wet floor, than from any 'terrorist' attacks. Though the fact that the 'terrorist' attacks are all false flag acts of terror carried out by your own government should give you reason to pause and reflect on what is going on in your world.

The number one causes of death in the 20th and 21st century are alcohol, tobacco, and car accidents. In the 20th century the next greatest threat was always your own government. And don't think you can get off easy by sending your young men and women off to fight. 67% of the fatalities of WWII were civilians. They were killed by their own governments, directly, in acts of genocide. And they were killed by their own governments indirectly, by making their country a military target, by invading other nations.

Don Juan tells us that death means something totally different to the 'warrior' than to the average person. For the average person, it means being re-absorbed by the 'dark sea of awareness', by 'the great black and white eagle'. However for the warrior death means an end to the fragmentation of individual awarenesses that make up a sentient being, and the gaining of a perfect unification of these

awarenesses into a whole. In other words becoming 'holy'. Gaining 'whole-ness' and integrity of parts.

Having attained this, the warrior now enjoys the freedom of being a high speed / high vibrational frequency organic being. Their realm of action is now infinity. They are free from any limits. They are Operational Thetan level infinity. They have 'become cause'. Their intentions, their will, is now recognised by the 'dark sea of awareness' from which all experiences are constructed, as the will of the Great Eagle. Their will be done. On earth, as it is in heaven, or any of the other 600 worlds.

They are now free to construct their own 'Play-Stations'. Their own experience engines. Their own fantasy role playing platforms. They can operate in this, or any other world, with supernatural powers. They can construct their own worlds. They will be trustworthy, ethical partners for other sentient beings to give their consent to. Thus they will be empowered to construct new consensual realities. For them there is no space or time.

They can be at any place at any time, as space and time are now merely ideas to them. They can will themselves to be at any place and time. Even at two places at the same time. Like virtual reality software reading data from a hard disc. It is all there, all the time. Like a movie. You can go to any point in the movie any time you please. There is no sequential time. No past or future. All times exist at this moment. All you do is chose which moment to experience, in this moment. Time and space are illusions of perception.

Right now people are, according to Don Juan, in the same situation most animals are to humans. Inorganic beings called 'Flyers' farm us to feed off our energy. They imprison us in mind prisons as we imprison animals in concrete boxes, cages, and fences. We exist as mere means to their ends, like we treat animals as mere means to our ends. They breed us, and condition us, to serve their purposes. Without compassion or empathy for our suffering. In the same way we have no compassion or empathy for the suffering and cruelty imposed on animals in our name, if not directly at our own hands.

For we would not want to get our hands bloodied. We could not bear to look into the eyes of the poor creatures and know that we are the cause of their suffering, misery, and pain. It might challenge our definitions of ourselves as 'good', and as deserving of justice, whether at the hands of some god, or the hands of other humans, or aliens, more powerful than we are.

The 'Flyers' created 'religion' to keep us in our mind-prisons. I explained how the beneficiary classes invented and abused religion to enslave and exploit the masses. Well if you don't want to take responsibility for that, you can blame the Flyers.

The metaphor is precise in any case. For we have no free will, and thus the will we experience is in fact 'foreign'. It is an imposed will. A 'foreign installation'.

They fear losing their power to exploit us, and so they control our perceptions to keep us weak, meek, and submissive. Like the priests of our world. They play us, like their favorite instrument, literally 'fretting' us to produce anxiety, fear, anger, and other emotions, so they can feed off the energy these emotions produce. Like the machines feeding off the electrical energy produced by the people in the 'vats' in the 'Matrix' movies. Like the nobility and priests manipulating us into feeling guilty, and meekly submitting to their wills, as our slave masters. Like the Zionist Central Banker's mass media manipulating our emotions, and directing our wills.

Will to Power as willpower

The only thing we should seek to control is our own response to a situation. Our level of willpower determines whether we are in control of our own responses or not. When we gain willpower, we are free from conditioned, knee-jerk, emotional responses to things. We can limit our suffering, by willing a patient, calm, optimal response to situations we would not freely chose to experience.

Don Juan notes that this world we experience is the product of a 'great tyrant'. This great tyrant is 'determinism'. It is the inescapable 'thorn bush in the road' that Marcus Aurelius reminds us it is stupid to get angry about. For it exists. Getting angry, frustrated, or irritated with it does not change this. It only adds to our suffering.

For Don Juan such 'thorn bushes' are examples of 'petty tyrants'. The Nahwal actively seeks out such 'petty tyrants' in order to train themselves in the arts of patience and self-less-ness. The petty tyrants are all around us. The petty, malicious bosses, public servants, officials, neighbours, service staff, the 'insolence of office', the 'proud man's contumely', and all the irritating, frustrating little people we have to deal with, or worse, work under.

Don Juan tells us to actively seek out such petty tyrants. I can't help but doubt the 'holiness' of most 'priests' and 'gurus' who claim to be so superior to us, and preach forgiveness, forbearance, calm, serenity, and love.

Maybe Tolstoy, in his 'These things I believe' is a good example. He never experienced being exploited. He never had to do an honest day's work in his life, let alone menial, back-braking, mind-numbing, despair inducing, physical labor lubricated by sweat and tears, and rewarded only with criticism and a subsistence income. Work whose value was consumed by lazy, wasteful, self-important beneficiary class members like himself, the Count Tolstoy.

Easy for him to say that we could and should take the teachings of Jesus literally, and allow ourselves to be meek, selfless, slaves. Allow our sons and daughters to be raped. To work and toil just for the chance to draw breath, for the privilege of existing, just to be another person's value producer, toy, and slave.

Even Jesus lost his temper, and he was god incarnate. Not to mention how often GOD loses his temper. And that Moses, murdering all his own people in a fit of infantile rage. I have seen Buddhist monks lose their temper too! Real life is a

hard testing ground for ideals. Much easier to remain in the cloister. Or even better, simply alone in the hermitage. Easy to imagine you are full of love for your fellow creatures when you don't have to deal with the fuckers on a daily basis.

Yes, so Don Juan recommends that we actively seek out these petty tyrants in order to practice selflessness. To stop pitying ourselves. To stop feeling self-important. The petty tyrant trains us better than any theory or study could. They reveal to us our hypocrisy and disingenuousness. They force us to be real. To take stock. To take a look in the mirror. And then to start practicing what we preach. To submit to the tyrant's whims. To losing all self-importance. To really becoming humble. To become patient. To throw off all the self-reflections we habitually employ our attentions with. To stop consuming all our personal power on trivial, wasteful, unproductive self-pity, anger, and desires for revenge. He does not tell us to forgive as such. But to stop adding to the problem ourselves by getting all emotional and dwelling on the problem.

Instead of this unproductive reactionary response, we are to accept the situation as it is. For now. We are to focus on doing our tasks well. We convince ourselves that justice will be done to our 'perpetrator' sooner or later. We must really believe this. And so we can simply 'shrug off' the 'slings and arrows of outrageous fortune' without wasting any energy on getting all emotionally heated up, self-pitying, and impotently angry.

We then bide our time, sure and confident that we have already 'won' and gained justice. It is just a matter of patiently waiting. And during this time we can be alert to all the weaknesses, habits, and soft-points of our tormentors. We can learn their routines, and find their vulnerabilities. All calm, patient, and sure of victory. None of the impotent rage, and self-defeating impulses. We never set ourselves up for defeat by attempting to defeat an enemy from their own position of power. We can't win that way. We find our own way.

And when the time comes, we calmly put our plan into action. We have saved all our personal power. We have not wasted it in unproductive ways. We maintained surety of our own victory, and so we never felt defeated. We were victors all along, savoring that victory, and simply waiting for it to occur.

The realisation that becoming frustrated, irritated, angry, and despairing about facts only added to your suffering, while providing no benefit, first became clear to me after listening to **Eckhart Tolle's** *'The Power of Now'*. It is perhaps the most valuable insight I gained from this Zen practitioner. It requires no mystical assumptions. It is compelling in its own right, by way of pure reason. Funny it had never occurred to me. I am one of the most frustrated, irritated, impatient, etc. etc. people I know. It is perhaps the main source of my migraines.

Surely it should have occurred to me? And you? Often it is the most obvious things that we need to have explained to us. So when you come across such things in my TROONATNOOR books, don't feel bad. Remember I had to learn the obvious things the hard way too. They are only obvious after we gain the insight. Then we find it hard to believe that it had never occurred to us earlier! Must be that 'foreign installation' of 'the flyers' I guess. :D

We do not have to experience impatience, frustration, anger, envy, jealousy, greed, or fear. It is within our power to limit these emotions, these experiences. This can make a huge contribution to our quality of life.

The wise men of every culture and religion, the true philosophers, always came to a similar Zen-like conclusion. It is better to learn to accept what you cannot change than get angry at it. Also we should be careful and humble about our ability to produce a better world than the one we are experiencing. Look at what we have done with the miserable amount of power we already have? We use it to enslave other sentient beings. We use it to kill each other.

It is often better to 'go with the flow' than to try to resist it. At least until we have had enough time to really understand how it all works. If we rush to change things before we understand them, we often make a botched job of it.

Making our happiness dependent upon forms and situations that are constantly in a process of changing, of becoming something else, will doom us to suffering. Buddhists call this 'attachment'. A playful nature does not become too attached to anything. It plays with the forms that are here, now, without attachment. Without becoming dependent upon them for its own well-being.

And so it learns to 'love and lose'. To give and take. To adapt. To respond optimally to changes. To always be alert for new playmates and new games. To hold on strongly, but then to let go freely, when it cannot hold any longer. To enjoy what is rather than lamenting what is not. To enjoy what it has without the need for exclusive enjoyment of it, what we call jealousy. To enjoy what it has without complaining that others might have more, or better, what we call envy.

Pain is one thing. Suffering is another thing. Pain is unavoidable. However when we accept it, we do not add psychological suffering to it. We do not worry, complain, and regret till we become miserable. We look for the good, rather than complaining about the bad. And if the game is chronically disappointing and painful, then we abandon it. We abandon our current forms and look forward to 'happy next lives'. We struggle until it is clear that struggle is pointless. Then we give up. We give in. We go with the flow. We return to the source, like a drop of muddied water evaporating and re-joining its source in the clouds, where it can reform into a new form, a new life, and become a new experience engine.

Slavery is impossible under such conditions. Treating others as mere means to our own ends is impossible under such conditions. If you are not able to cheerfully die, then you will never be able to truly enjoy living. And you are

likely to become the means to other's ends. Their slave. Worst, you will become a slave to your own passions and fears. There is no game in which one player is a slave to the other. That is not a game. That is not play. Not when the slave is not free to choose freedom or slavery at every moment. Not when the master is not willing to also play slave. Not when every player is seeking to enslave every other player.

Meditation is the practice of willpower. If you cannot exhibit willpower when you are at ease, comfortable, and cheerful, then you have little hope of exercising willpower when you are under stress, pressure, irritated, frustrated, angry, jealous, envious, and fearful. The idea is to start forming new, optimal habits, in your daily life. Every day. To practice meditation. To still your busy mind. To empty your 'junk-filled' head. To calm your racing heart. To relax your tense muscles. To return to the present moment, pulling yourself away from bad memories, from past regrets, from fears of future failures and misfortunes. To practice being completely present in this body in this moment. It takes great discipline. What we call willpower.

The more you exercise a muscle group, or practice an activity, or exercise willpower, the more automatic it becomes. The easier it becomes to do. It becomes your second nature. It becomes a new, positive, optimal habit. You do it without thinking. You can easily perform the act at any time. Even when you are under great pressure. You have muscle memory. After practicing meditation while your life is simple, good, organised, comfortable, and calm, you can develop positive habits that become reflexes.

And so when life throws you a problem situation, when you are irritated, frustrated, angry, scared, and so on, you can quickly and easily recall the mental states you have been practicing, and avoid suffering. Practiced Buddhist monks have demonstrated this ability by setting themselves alight, and burning down to nothing more than ashes, without the slightest sign of any suffering. That is the proof of their willpower. That is the proof that nothing can harm you, when you gain the power to choose how to respond to it.

Lucid dreaming is also about willpower. It is about forming habits in your waking hours that will ensure that while you are in R.E.M sleep, and dreaming, you will practice the same habits. You will question whether you are dreaming. You will then carry out your tests to see if you are dreaming. You will not simply overlook anomalies as most people do as 'waking zombies', non-lucid wakers.

You will not simply rationalise cognitively dissonant experiences. You will question everything. You will face your demons and integrate them into a greater whole, and thus become more hol-y. You will actively seek out your 'shadows'. You will create your own worlds.

You will experience complete freedom. Freedom to live out your fantasies. Freedom to solve problems which your waking life has presented to you.

Freedom to experience your own godhead. Freedom to return to your true, authentic, playful nature. To become your true, authentic, self.

Some call this 'enlightenment'. Some call it 'Buddha nature'. Some call it 'Mocksha', 'liberation', 'freedom', a return to the godhead.

Seek out the darkness, the shadows, the threats: they will brighten your light

If you have a fear of spiders, or snakes, then when you come across one in your dreams, approach it. Stand your ground. Ask it what it wants. It will probably turn into a playful pussycat.

Keep in mind that spiders and snakes are often 'screens' for sexual impulses. They represent the inversion of a desire into a fear. And so the fear of snakes is a desire for penises. A fear of spiders (8 legs!) is a desire for sex. Because you have been conditioned to define sexual lusts as 'bad', even 'sinful', or because the object of your lust is 'taboo', your mind has repressed the desire into your unconscious mind.

But the impulse seeks to express itself. The only way it can sneak past the super-ego's 'censor' is to adapt an associated form, and invert itself. And so it enters into your pre-conscious and conscious mind in 'costume dress', with the inverted, opposite emotion attached to it.

Thus the desire to have sex with your father or mother, which is repressed, expresses itself in waking life as an irrational (being much too strong compared to the real threat) fear of spiders or snakes, and in dreams as monsters chasing you. Please refer to my TROONATNOOR books which cover Freud and his oedipal complex, if you are not already up to speed with all this.

Psychotherapy works by following associations back to their original source. During this process emotions tend to resolve to their original form, which is the opposite, the inversion, of the emotion consciously experienced. The associations are the trick the unconscious used to express itself in a coded form. A form which the super-ego, which censors anything it thinks is 'bad', 'wrong', or potentially harmful to the psyche, will not recognise.

As it does not recognise it, it will not censor it. Once the repressed idea has passed this 'security gate' it makes enough noise in your waking and dreaming life to catch the attention of your conscious mind. Once it has your attention, it hopes you will be able to understand it. It is the uncensored following of associations, such as simple word associations, that allows your conscious mind to regain the original meaning of the idea. To understand that it represents a desire or fear that was once repressed.

You can use lucid dreaming as therapy. In the dream nothing can hurt you. You are free to follow associations. No matter how socially unacceptable they might

be. No matter how much, in real life, you would never dare express such emotions, even to yourself. And once you discover what it is that you really desire, well, you can live out your fantasy. You can do things you would never do in waking. Because it can harm no-one. There are no costs involved for anyone in your dreams. And once you have enjoyed your heart's content, you will suddenly find that you are free of the phobia. It was not a fear. It was a desire. And by fulfilling it in your lucid dreams, during R.E.M sleep, you have satisfied it.

Jung suggests that you actively seek out the shadows. In your dreams, rather than avoiding the darkness, the threats, the caves, the dark forests, the haunted houses, the dangerous places, you can deliberately enter them. This is where you will gain the greatest self-knowledge. You are effectively consciously entering the unconscious. You are voluntarily removing the screen that usually separates the conscious mind from the unconscious.

Nietzsche tells us that a tree that wants to reach the heavens with its branches, must also send its roots down into hell.

We tend to run away from things that frighten us, or to fight them. Either way, we miss out on a real opportunity for enduring security and freedom. The prophets tell us to love our enemy. Jung says the same, with reference to the 'shadows' of our dreams. These 'shadows' may take particular forms, such as demons, dragons, or monsters. They may take the form of people, or animals, that threaten us. They may be vague, formless, yet terrifying. They are projections of our own fears and desires.

I only recently confronted one such terror. After maybe 40 years of running from it. It was simply the cardboard covered entry to the roof-space in my first home. It was in the far wall of my bedroom. Even in waking the thought of it could terrify me. No exaggeration. I walked up to it in a dream, and stood there, terrified of whatever dark force or monster awaited me.

I was tired of running from it. I was going to face it. I cannot express the fear and horror I felt just standing there. I told it I was going to face it. I actually pulled away the cardboard and entered the roof space. As I did it changed into a different place. It became a new storey to my first childhood home. Full of new people. The house had grown another few floors. In my dreams my first home always appeared bigger from one side. It had that additional storey to it. I recall past dreams of this, but in the dream it never occurred to me that something was not accurate.

But it was only in this dream, when I had faced my demons, my shadows, that I could enter it.

I used to wet the bed because I was too scared to leave my bed during the night, due to my terror of whatever lurked behind that cardboard. Then in my dreams I dreamed I was standing over the toilet, and relieved to be able to relieve myself. I did so in my bed, without realising it. I never had any health problems. No-one

had ever asked me if I was too scared to get up and walk down the dark hall to the toilet. No-one ever asked me ANYTHING, sadly. I did not really exist, except as an unwelcome, undesired, burden. Once when I was suffering terribly from the flu, my mother rubbed some blue menthol stuff on my chest. It is my only memory of my mother EVER caressing me. I was not given a real hug by anyone until I was over 21 years old.

So next time you are being chased by some terrifying, formless 'shadow' in your dream, or by some monster, dragon, or demon, stop running. Turn and face it. Try to feel approval, love, and acceptance for it. Try to embrace it in your heart. Ask it what it needs. Ask it who it is. Talk to it like a friend. A long lost friend who is trying to come back home. A pet that was locked out one cold dark night, and wants to come back in.

Some 'shadows' represent an internal struggle or conflict you are experiencing. Part of you wants something the other part is rejecting as either unacceptable according to your social conditioning a.k.a 'morals' or 'religion', or as potentially dangerous and risky. You may be denying some authentic desire.

The beneficiary classes, starting with the kings and priests, seek to condition us to behave in ways that benefit them. They condition us to define some things as bad, even 'sinful' and 'evil'. However these things are harmless. Many people feel they must repress and suppress perfectly natural and harmless sexual desires such as homo-erotic, auto-erotic, anal-erotic, and oral-erotic desires. We often feel 'guilty' about being more successful than our parents, siblings, or peers.

And of course there is the famous 'Oedipal complex'. Freud found that infants are sexual. They feel lust for one of their parents, depending on their sexual orientation. They 'will' for the 'disappearance' of the parent that is currently enjoying what they want for themselves. The infant mind believes its will is magic. That it is omnipotent. It wills that its 'competitor' should disappear. Die. In the infantile, pre-rational mind, it has in fact 'murdered' its competitor.

If that parent actually leaves the house, then the result can be a classical Narcissism complex. It will be as if the child achieved its aim, and proved its own unusual powers. In around 5% of children, this classical case leads to them growing up feeling responsible for the world, due to a belief in its own response-ability. Its special powers. If only it tries hard enough, it can save the world.

If it is failing, then it feels it must be to blame, in terms of not trying hard enough. And so it goes through life working hard trying to, and expecting to, save the world. If you know me, or have read my books, it will be clear to you by now that I belong to that 5%. For better or worse. I just wish the migraines, tension headaches, anxiety, cluster headaches, and nausea would go away!

A few hours on a cross is nothing compared to what most 'migraine martyrs' like myself and Freud suffer. Even Buddha gave up seeking some answers, as they made his suffer too much, in the same way.

However there are some dreams where you SHOULD fight back

Like in real life, sometimes you have to be prepared to fight, even though you have no intention to do so, if only to give yourself a chance to assert yourself verbally to your attacker. Your aim is reconciliation. Not a constant 'war of all against all'. You need to hold your ground long enough to get a word in. To try to find out what the attacker wants from you. What you might have done to provoke them. What they feel was a provocation. Often what people think was provocative was never meant by you in that way. Often you can clear things up. Often people feel you have rejected THEM, and they are angry. Being rejected is disapproval.

The feeling of disapproval is hardwired to our fear of rejection from society. It is associated intimately with our fear of death. So whenever you show your disapproval or rejection of someone, you are really threatening them with death. It should be hardly surprising that people at the bottom of the social order, those from broken homes, those without loving families, those who experience mostly rejection and disapproval, tend to be more aggressive, and commit more violent crimes than those who have enjoyed a life generally comprised of acceptance, approval, and love.

The next time you avoid someone, or worse, give them a dirty look, because they do not meet your own standards of beauty, dress, or even personal hygiene, remember that you are 'pointing the stick' at them. You are effectively 'excommunicating' them. You are rejecting them. You are threatening them with death.

But there are situations, especially in dreams, where you should fight back. Like when you are being bullied. After having been bullied over and over in real life, and then in your dreams. I only managed to stand up to bullies in my dreams a few years ago. In fact the bullies were my own siblings. For the first time in my life I had managed to stand up for myself, and to fight back. It was liberating in my waking life. Better still, you can face down your bullies and ask them why they are bullying you. What do they want? What can you do for them?

At the same time assert your rights. Tell them they have no right to push you around. To bully you. To harm you. Tell them you are not going to put up with it. Be prepared to fight if you have to. But only to defend yourself. And never with malice. Never with the intention of harming others. Never with the will to damage or hurt others. Once you have overcome your attackers, offer them your friendship. Hold out your hand to them. Be compassionate. Try to understand

why they felt an impulse to harm you. Did you provoke them in any way? Why are they behaving as they are?

Most nightmares can be prevented in this way. Children can be taught that monsters are not real, and that if they come across a monster it means they are dreaming, and can take control of the dream. They can be taught lucid dreaming skills, and stop suffering nightmares.

People who have been sexually or otherwise assaulted may feel liberated by fighting back in their dreams. They can gain back their sense of security and mastery in their waking life.

You can try to re-write your life narrative by lucidly dreaming a past experience, and directing it to turn out differently this time. This time you can escape your tormentors, and gain justice.

Note that if you go to bed drunk, you will suppress your R.E.M cycles for about 6 hours. And you are likely to have nightmares when the suppressive effects of the alcohol wear off.

'Keeping the dream alive'

Lucid dreamers have found several ways to remain in the dream state once it begins fading and dissolving. Once you are lucid dreaming you certainly will not want to 'wake up'.

'Spinning' is considered the most effective method. Lucid dreamers often also use 'spinning' to 'change the scene' in their dreams from one location to another. Spinning is a 'traditional' method. Its effectiveness may be due to the fact that the inner ear is located close to areas of the brain activated during R.E.M sleep.

Deliberately 'spin' your dream body. It does not matter if you hold your dream arms out, or hold them close to your dream body. The point is that focusing on the intention of spinning, and on the feeling of spinning, in your dream, will hold you in the dream. But don't just 'think' of spinning. Actually spin. Vividly feel the sensation of your dream body in motion, spinning.

As you spin, keep reminding yourself you are dreaming by saying 'I am dreaming'. This way you will maintain lucidity, and not experience a 'false awakening' in which you think you have awoken, but are still dreaming, only this time non-lucidly. False awakenings often leave you in your own bedroom. This is what makes them so convincing. So make a habit of 'state testing' when you are in your bedroom. This way you will continue the habit in your dream. Never assume anything.

Make a habit of asking yourself 'Am I dreaming' and then running 'state tests'. Look for any clues that something is not 'right' or 'normal'. Do this as a matter of routine. Make it a habit. This way you will continue the habit in your R.E.M sleep. Don't gloss over and simply 'accept' or 'make excuses' for things that don't seem 'right'. Challenge your perceptions as a matter of habit in your waking life so you will continue this over into your dream states.

Whenever you experience 'cognitive dissonance', don't take it for granted that there is some explanation. Do not gloss over the contradiction between what you expected, what you have been conditioned to believe, what you have been taught is true and real, and what you are experiencing. Pay more attention to the apparent contradiction, rather than seeking ways to reconcile your current definitions and expectations and what you are experiencing. Actively seek out contradictions. Test all your assumptions about TROONATNOOR as a matter of habit.

Take nothing for granted. Suspend judgment about everything you have been taught is true. Encounter everything as if for the first time. Without any

preconceptions. Assume nothing. Question everything. Adapt the position of a true seeker. Never assume you 'know' anything for sure. Always remain open minded and skeptical, in the true sense of being 'open' to being proven wrong by your experience. This way you will remain 'lucid' in your waking hours. We tend to just assume that we are lucid, because we are awake. But very few people, apart from those who practice Zen, or are as ambitious a philosopher as a David Hume or Schopenhauer, are actually lucid in their daily lives.

We are in the habit of defining things based on our pre-existing, conditioned, learned assumptions, and actively seeking to reconcile contradictions between our schemas and our experience, rather than adjusting our schemas, our models, our assumptions, to converge more closely with our experience of reality.

There is an old Sufi legend about a pigeon breeder who finds one of the King's royal hunting hawks. He has never seen a hawk. And so he goes about trimming its beak, talons, and wings until he is satisfied that it looks as it 'should', like one of his pigeons. As I joked one day after an economics lecture, 'when reality does not conform to the economic model, we change reality'.

When most of us experience 'cognitive dissonance' we usually resolve the discomfort and anxiety associated with it by distorting our experience of reality so it fits with our models, our schemas, our assumptions. Very few people make the effort to change their assumptions about reality, the schemas, and the models which they use to navigate through their lives, and interact with reality. It is less emotionally challenging to simply twist, bend, distort, and deny reality, until it fits with our existing view of the world. But stop to think where our view of the world comes from.

Consider all the motives our role models had for misleading us. Don Juan, Carlos Castaneda's 'teacher' warns us that during our infancy we develop a 'ring of power' which is basically a consensus model of reality. We are taught how to define everything by those around us. We grow up in agreement with these definitions of TROONATNOOR. We define the world, and our experiences in it, as we have been taught to. This is how we, as a group, 'create' the world of consensus. The illusion we live in. The game.

Don Juan explains how the sorcerer is able to form their own second 'ring of power' and, as I put in in my TROONATNOOR books, empower themselves to define reality for themselves. To in fact 'create' other 'realities'. To operate in what Carlos Castaneda calls 'non-ordinary reality'. To operate in what we might call other dimensions of reality. In this reality we can fly, change from human forms into other animal forms, and have access to other forms of power. Don Juan begins to open Carlos Castaneda's mind with mind altering, so called 'psychotropic' plants such as mushrooms, peyote, and mescaline.

However he admits that this is not necessary. It is merely a way to shock his mind into questioning his assumptions about the nature of reality, his preconceived beliefs about TROONATNOOR. It is a way of at least temporarily

'dislodging' his 'assemblage point', so that he may perceive more of the mystery of reality. To liberate his perceptions from the 'first ring' of conditioning and limiting awareness. To return to him the 'second ring', the power to construct new consensual realities. Don Juan teaches Carlos how to dream lucidly, as a means to the same ends. To open his mind to questioning his assumptions. To challenge what he has been conditioned to believe. To become empowered with a 'second ring of power', the power to define reality for himself. The power to operate in 'non-ordinary reality'. To experience other dimensions. To discover new truths about TROONATNOOR.

You could call this gaining access to the power to live more lucidly. To become open to new forces, new opportunities, new powers, and new experiences that are closed to most people who are imprisoned by their inherited 'ring of power'. By gaining a second 'ring of power', the practitioner, the sorcerer, is free to 'create' their own realities. New consensus realities in which they can interact with other sorcerers and other 'forces' or 'qualities' known as 'allies'.

Contemplating your dream hands in a dream can also stop it fading. Don Juan, Carlos Castaneda's 'sorcerer' tells him to focus on his hands in his dreams to become lucid. If his hands begin to fade, he should look elsewhere in the dream, and then return his focus back to his hands. Don Juan says he could use anything in the dream in this way, but his hands are the most convenient, as they will always appear in his dreams.

So if the images start to fade, blur, or dissolve, then focus your dream gaze upon your own hands until they become vivid again. If your hands begin to blur, quickly look away at some other part of the dream, and then return your dream gaze to your own hands and focus on them again until they become more vividly real. Try touching things, smelling things, tasting things, feeling things with all your dream senses, rather than just looking with your dream eyes. Then you can continue 'directing' and 'exploring' in your lucid dream.

The principle seems to be focus. If you focus on any part of your dream, and give it your conscious attention, then you can 'keep the dream alive'.

False awakenings

It can be tricky knowing when you are dreaming and when you have awoken. lucid dreamers often report dreaming that they have woken up, and being convinced that they were now awake, when they were actually still dreaming. And then when they finally thought they had woken up from that dream, they find themselves fooled once more, and still dreaming. It can go on for a long time like that. So take nothing for granted, whether asleep or awake. Of course Afghan Sufi's and Tibetan Dream Yogi's believe that all life is a dream. When we feel we have just awoken from a dream, we are really just waking up in a different level of the dream we call life. Death is just an awakening from the dream at another level.

While it is better to face your demons in your dreams, there are times when you might really want to wake up. I used to 'know' that if I closed my eyes in my dreams, that I would wake up. It always worked, as far as I can remember. The point is to withdraw your attention away from interest in the dream. Other lucid dreamers suggest fixing your attention on some fixed point in the dream and keeping it fixed there until you awake. This may work on the fact that during R.E.M sleep our eyes move continuously back and forth from left to right and back again, over and over.

However have no fear of the old wives tale that if you die in your dream that you will die in real life. There is in fact no evidence of any possible negative health or psychological effects associated with lucid dreaming. It certainly will not lead you into madness or insanity. The worst you can expect is that if you have a bad dream that you will wake up 'on the wrong side of the bed', irritable and more easily frustrated. In my case, no matter how hard I work at remaining relaxed during the day, I have often had dreams in which I was frustrated, irritated, and so on, and thus woke up with terribly tense neck, face, shoulder, and scalp muscles, and a horrible nauseous migraine. Now that is seriously unfair!

It is one of the things that would seem to support a Schopenhauer / Buddha level pessimism. It is my final test of this world. It is one thing to have no free will in our waking life. It is another to have no free will in our dreams. If even our dreams punish us, despite our best attempts at self-discipline, conscientious effort and sacrifice, then this life truly is an absurd, un-affirmable vale of tears. And so I shall persevere with my personal lucid dreaming project. I think this is the final chance to determine if all hope is false or not. Perhaps all optimism will prove to be insanity.

But it would be insanity not to try out this last hope for a world worth living in. Zen Buddhism, as I understand it, is the last hope for affirming life. It may be naive and wishful thinking. But Buddha and Schopenhauer would be the first to tell us to test things for ourselves. To define reality for ourselves, and not to simply take someone else's word for it.

False awakenings have another meaning for Don Juan. In fact Don Juan teaches Carlos Castaneda to practice deliberately falling asleep in dreams and waking up in the next dream. Alternatively the dreamer must learn to 'shift' to another dream within the dream, without doing this. Lucid dreams are a doorway / threshold to the 'second attention'. Lucid dreaming, in this way, enables the practitioner to not only temporarily 'shift' the 'assemblage point', but to sustain the new position, and thus be able to 'move' it at will, and 'fix' it anywhere at will.

Thus first entering the lucid dream is the first step. You have 'shifted' your attention, your 'reality construction point'. You have become able to enter a new reality. To perceive a new world. The world of this dream. But now you want to be able to sustain this lucidity in this dream. And then you want to be able to reconstruct new dreams at will. New worlds of perception. Enter new realities. And by going to sleep in this dream, and waking up in a new one, you have begun 'dreaming in the second attention'.

You have moved on another level of composition away from your 'slavery' to what you have been conditioned to define as your 'waking reality'. You have proven that all experiences are merely dreams within dreams. The 'waking' state is no less a dream than any of your lucid dream-scapes. Ask a Tibetan dream Yogi. As a Sufi mystic. This is a dream. They will point to everything around them and remind you 'dream', 'dream', 'this dream', 'that dream', 'you dream'. It is certainly about time to 'live the dream'.

And not the fake B.S one the mass media and Madison Avenue are selling you. Their dream is a prison. If you really dream of being a prisoner, and living in a prison for eternity, then by all means 'buy' their dream. But if you want freedom to be and do and see and experience your heart's content, then join Don Juan on his 'warriors' path of impeccability.

Don Juan states that all roads lead to the same place. Only some paths have 'heart'. Some paths are worth traveling. They feel right. We are all on a road to nowhere. A road to 'everywhere'. This is a trip. An endless road-trip. So why not chose the road that has 'heart', rather than travel down some hyper-expressway the 'masters' have built for you, to keep you stuck in endless traffic jams, on endless loops, with nothing to look at but advertising billboards and rubbish.

It is the easy path. They built it wide and smooth. They say they built it for you. I would not trust them. Take the side roads. The ones twisting through the forests and valleys. Sure there are lots of bumps and potholes on these by-ways. They often travel through dark forests. But they also rise up to the heights, where breathtaking vistas await you. Take the road less traveled.

Simplify your life of all the unnecessary baggage that is holding you down, slowing you down, demanding all your attention, causing you worries and grief and anxiety. Most of what you aspire to is really empty junk. You have been tricked and conditioned into rubbish aspirations. You have been pumped full of fake fears, anxieties, and worries. You have been trained like the elephant tied with a string, the Lion that flinches at the lame threats of its powerless 'tamer', the fly and fish that never bother to test the limits of their 'prison' any more, and remain chained with flimsy strings, living in fear of empty threats, and imprisoned in prisons without ceilings or doors.

Test the door. It opens. You just have to try it. Pull on the chains. They will break. They are flimsy. Climb out of your prison box. Escape your mind prison. The tricks of your masters only work if you fail to test them. They are all mind-games.

Muscle memory and neural pathway patterns

During R.E.M sleep your heart rate remains at its typical 'rest' level. The only muscles that can be activated are those used in eye movement, respiration (breathing), and sexual arousal. All other muscle groups are immobilised. Note that wet dreams do not occur during lucid dreaming. No ejaculation occurs during lucid dreaming. So you get all the satisfaction without any of the mess.

However the neural impulses associated with movement are the same during dreaming as during waking. The only difference is that they can not lead to actual movement of your limbs. The electrical activity associated with vividly imagined bodily action is the same whether you are consciously rehearsing the actions in 'real life', in waking, or merely rehearsing them in your mind. You can do this in your waking hours. Or you can do this in your lucid dreams. The outcomes are the same. You can improve your performance merely by vividly imagining actions. You do not have to carry them out to gain the benefits.

Top athletes and performers often hire 'coaches' to train them in the skills of 'mental rehearsal'. They use these skills in addition to physical training. Generally the athlete or performer will focus on perfecting the basic skills and developing muscle memory for them. They will then practice these moves mentally, and seek to refine them. They can practice new moves in the safety of their own minds.

Imagine an ice skater learning a new, complex routine. They will first learn the basic steps. Then they will mentally rehearse a series of moves. This will build up new neural pathways, and form new neural patterns. The more often a neural pathway is used, and a neural pattern is repeated, the more 'automatic' it becomes. Remember we could not consciously will the complex coordinated pattern of muscle impulses required simply to walk or talk. These are carried out by our unconscious mind. We perform these tasks unconsciously. In fact when we try to perform them consciously, we end up 'square gating' at the military parade, or 'stumbling' over our own words and blabbering, stammering, and stuttering.

Mental rehearsal tells the unconscious exactly what movements are desired of it. It is a way of programming the mind to perform the new actions, or the new pattern of actions. It is much safer than trying to carry out the new series of actions 'cold turkey'. While you are mentally rehearsing you are calm and composed. Your brain is not distracted by anything. There is no fear to conflict with the electrical signals. Your mind is not divided. It is focused. It can dedicate all its processes to analysing the desired pattern of actions. You can repeat the action over and over in your mind, rehearsing all its finer details. Each time you

will be reinforcing a neural pathway. You can produce 'muscle memory' without actually moving a muscle.

Remember that your mind works on a model / schema of your body and the rest of its environment. All the electrical impulses which move your muscles, and enable you to perform the most basic to the most complex movements are produced in your brain. Your brain really interacts with a model, rather than any 'reality'. It is always at least one step removed from any 'external' reality. I believe that when mothers and fathers caress their newborn and infant children they help the mind form an accurate model of the body. When they neglect this, their children will tend to suffer from poor eye-hand co-ordination, balance, and general muscle co-ordination, grace, and bodily ease.

Often people have been conditioned in ways that limit their actual potential. Our internal model determines what is possible for our body, and the external world. If this model underestimates the bodies true capability, we will perform at a lower level than they we actually capable of. We will never reach the limits of our true capacity, unless we test the 'psychological' limits of our potential. Unless we test the assumptions of the mental model we have accumulated.

Army training tends to enlighten recruits as to what they really are capable of, when pushed to their physical limits. Even basic training pushes most recruits beyond their psychological limits. We often assume we are capable of less than we really are. We are conditioned to underachieve. This conditioning produces self-fulfilling prophecies. As someone once said, 'If you believe you can, or if you believe you can't. Either way you will be right'.

Our muscles, our limbs, our senses, all have physical limits. Usually we give up, psychologically, long before we have reached our true physical limits. The remaining gap of potential often remains latent. Fear of failure, and even fear of success, are two factors that prevent us realising our potential. In our mental rehearsals and lucid dreams we can activate our potential, free from any fear. Free from any inhibitions.

And once we have programmed our unconscious for success, we can free it to act within our physical limits. What we will have done is achieve a greater degree of convergence between our true physical potential, and the potential of this world, and the mental model our minds operate according to. We increase the convergence between our model and reality. We make our model more accurate and precise. Our mental models become more analogous to reality. Or if you like, the wider dream we *call* reality, within which our personal dream, our personal reality, takes place. We expand the limits of our personal dream to encompass the fuller potentials of the wider dream. We optimise our positive experience of life.

You can 'model' your own actions on those of your favorite performer of those actions. Your favorite sportsperson, actor, dancer, presenter, or musician. Watch videos of them performing the actions you wish to mimic and make your own.

Then analyse their actions and break them down into their constituent parts. Then when you feel you understand the parts, put them back together into their wholes. Then mentally rehearse these actions. Make your mental rehearsals as vivid as possible. Include as much sensory detail as possible. Include how your muscles feel. The scents you will smell. The sounds you will hear. The way you will feel before, during, and after successfully completing the desired set of actions. Imagine the acceptance, approval, praise, and admiration of your audience.

The more vivid the detail you imagine, the more complete the information you will be sending to your unconscious mind to work with. You will activate your imagination, and with it your unconscious mind. You will engage it. You will be telling it exactly what you want it to 'program' your body to be able to do.

It can then set about patterning neural pathways to facilitate the actual physical movements of your muscles. Then when you go to physically practicing the moves, your muscles will have been 'trained' and 'programmed' in advance to carry out the actions smoothly and automatically. When you get out onto the golf course, the basketball court, the soccer field, the tennis court, the stage, or the dance floor, you will reap the benefits of your 'mental rehearsals'.

Whether you chose to rehearse mentally during waking hours or during R.E.M sleep, one main benefit of 'mental programming' is 're-programming' yourself to change your typical, habitual, conditioned behavior. This is necessary when you have developed undesirable habits, like smoking. You can imagine yourself responding to the typical urge in atypical ways. You can vividly imagine yourself successfully overcoming an impulse in a typical situation where that impulse is likely to emerge. In other cases to perform some desired actions, you need to condition yourself to behave counter-intuitively.

For example, Ski-ing requires that you lean backwards, when your intuitive action would be to lean forward. Motorcycle cornering at speed requires you to slightly turn the handlebars in the opposite direction to that which you want to go. If you learned to drive on the left hand side of the road, then you will reach for the gearstick with your left hand even when driving a car in Europe or America. Ouch. My elbow took a real bruising. You may have a habitual response to particular situations that are sub-optimal. And a few times I got lucky, having found myself, after being distracted, driving on the wrong side of the road. You can learn to drive per se too, using the same process you would use to re-program yourself.

You can re-program yourself, and re-condition yourself to respond more optimally. If you play poker, and know of your tendency to behave in a particular way when you bluff, a so-called 'tell', then you can re-program yourself to stop repeating the 'tell'. You could reprogram yourself to respond differently when you lie and tell the truth, so you can effectively 'trick' 'lie detectors'. Whether that lie detector is your wife, your girlfriend, employer, or the C.I.A. A 'South Paw' boxer might re-program themselves to lead with the left, and hit with

the right, during a crucial moment in the match, and thus catch their opponent completely off-guard.

Remember that you enjoy many hours of R.E.M sleep each night. You can use these hours to develop and rehearse new skills. You do not need to take time from work, family, or other pursuits. And so lucid dreaming offers these advantages over mere 'mental rehearsal' during waking hours. And in your lucid dreams you will find that your imagination is much more vivid and powerful than even in your most vivid waking 'imagination'. This will increase the efficacy of your 'rehearsals' and learning of new skills.

During R.E.M the same neural impulses that would be produced by the actions you are imagining if you were actually doing them in waking will be produced by the mental rehearsals. The only difference is that these neural impulses will be blocked from actuating the muscles as they would in real life. Messages between the brain and the muscles are inhibited, producing muscular paralysis, so there is no way of injuring yourself.

Then you can go about establishing new neural patterns, and enhancing your motor skills, without any inhibiting or distracting fear. You do not have to worry about 'looking foolish' either. There will be nothing to see. At most, while your brain is busy forming new neural patterns and pathways, the most your body might do is breathe a little more heavily.

You can even imagine what could go wrong, and experiment with different responses to these stuff-ups, mistakes, errors, or unpredictable events. This way you will begin your performance prepared with a whole set of resources which you can pick and choose from spontaneously as you go. This in itself will give you more confidence. And so you are more likely to successfully 'think on your feet' and spontaneously produce optimal responses to unpredictable events.

You *may* never *need* to delve into your 'tool-kit' of 'prepared' responses. Just knowing you have them there often means you will never need them. Sort of like insurance. Just knowing you have a plan B, a safety net, often means you never need it. And when you do find you need it, instead you spontaneously come up with an even better plan C.

This is a key point to make here. One of the greatest limits to innovation and creativity is the tendency to react from our conditioned mind, rather than to spontaneously respond to the actual current situation. We tend to react. We have knee-jerk, emotional, reactions. We are reacting to our own interpretation of the situation, rather the actual situation per se. We react in a 'typical' or 'habitual' manner. We miss out on all the potential opportunities for a novel response to the actual situation we are facing. We are really reacting to our own schema, our own models, our own assumptions, and not to the actual reality of the situation.

This may be effective sometimes. Like when we hear a lions roar and unthinkingly take flight towards security. Or when we automatically become

enraged when attacked, and physically attack our attacker full of that potent energy. In these cases the knee-jerk reaction protects us. However in most cases we tend to over-react to threats that only exist in our minds, and make things worse by 'escalating' the situation. Further, we often have unrealistic fears which limit us. We avoid situations which are, in our minds, 'threatening', but which in reality are opportunities for growth, development, success, joy, and satisfaction.

Or worse, we have been conditioned to think we are powerless, and so when we hear the lion, or sense the immediate threat of attack, we simply automatically give up and wait for the worst to happen. Or we have been conditioned to imagine we can fight off lions with our bare hands, and so welcome the lion's attack as a chance to kill the lion. Both cases are likely to end badly for us!

And do not trivialise the potential of lucid dreaming for pure hedonistic pleasure. For pleasure is anything but superficial. It is the only reasonable motive for living. And it has clear health benefits. Pleasure reduces blood pressure, sensitivity to pain, the risk of heart attacks, and increases our resistance to pathogens and speeds up our recovery from illness and accidents. So indulge in love making with your dream partner. Enjoy swimming with the dolphins and soaring with the eagles. Fly a jet. Test your dream car out on the race track. Visit distant lands and scenic vistas. Travel to other planets. Enter into the worlds of your favorite movies and novels. Re-enact your favorite historical events. Be your favorite historical figures. Be bad or very good.

Remember why we created worlds in the first place. As experience engines. 'Become life, creator of worlds'. Script your fantasy during your waking hours. Then vividly imagine yourself going to bed, then either consciously entering your lucid dream, or sleeping, and becoming aware and lucid during a dream, and then bringing your fantasy to life.

So start 'rehearsing' your next lucid dream. Vividly imagine yourself going through all the preparations stages, the relaxation exercises, the visualisations and/or lucid dreaming preparation activities, and then imagine yourself lucid in your dream, doing state tests, and living out your prepared scripts, carrying out your 'keeping the dream alive' activities as the dream fades, returning to a vividly lucid dream, and continuing with your planned lucid dream adventure, seeking out your shadows, rehearsing real life activities, and visiting your 'dream console' or 'brilliant idea lab', and so on. Then rehearse waking, recalling the dream, and making notes in your dream journal.

Night terrors

Most of us remember having had nightmares in which we are chased or threatened by monsters and hateful creatures, or face threatening situations. In these cases the threats are pretty clear.

However in the case of 'night terrors', we feel we are in the presence of some evil we cannot define or name. Just sheer terrifying evil. We feel that something terrible is happening, or about to happen to ourselves or our loved ones. We are overwhelmed with terror and cannot scream to warn them, or to call for help, or to shout at the evil being or force.

This is a result of the activation of the limbic brain system which deals with emotions. It can be produced in waking by stimulating the Limbic system with electromagnetic fields. There are places where the earth's natural electromagnetic fields appear to produce the same vague sense of threat and evil in people and other animals.

Perhaps even worse are those experiences just after waking from a nightmare in which we are fully awake, but cannot move. This is a case of 'R.E.M sleep paralysis' extending up to a few minutes beyond the end of R.E.M sleep. This is what prevents us from moving during our dreams. Otherwise we might end up thrashing about, and injuring ourselves. If you or your child experience this, simply remain calm and wait one or two minutes until the paralysis wears off. Of course in the case of sleep walking this typical sleep paralysis does not activate, and the dreamer actually walks about.

In the case of dogs this sleep paralysis can relax so that the dog will whimper, bark and wag its tail in delight in response to some dream experience, and actually perform these actions. In humans the only two actions performed in lucid dreams that have a real correspondence in the sleeper's body are eye movement and breathing. Researchers often get participants to agree to perform a particular pattern of panting / breathing, or get them to hold their breath for a few seconds, or perform a pattern of specific eye movements, during their lucid dreaming session, to communicate with the researchers that they are in fact lucid dreaming.

Your children may suffer from nightmares, and it is comforting to know that you can help them. As adults we tend to have fewer nightmares. In either case relief is close at hand. We can explain to children that nothing can hurt them in dreams. They can then be empowered to address their 'shadow' figures in dreams, to confront their fears, and to integrate their shadows into their psyche, and free themselves of irrational, counter-productive fears.

The healing potential of deep hypnosis and lucid dreaming

Most leading cognitive scientists consider 'hypnosis' to be an act of 'role playing'. The hypnotised person is freely entering into a role play, in which they will obey the commands of the hypnotist. However not all people can be induced into hypnotic states, into such 'role playing' exercises. And 'Deep Hypnosis' is possible in only 5-10% of the population. In the state of 'Deep' hypnosis, patients can have surgery performed upon them without the need for pain killers.

Pleasure and pain are feelings produced inside the brain itself. The mind can block pain and pleasure receptors, and thus the sensation, the impression, of pain, will not be produced. Under deep hypnosis suggestions can be made to the patient to do all manner of things, from decreasing blood flow, respiration, heart-rate, to increasing immunity to pathogens. The patient can be 'primed' to recovery faster from any surgery or illness. This could make going to the dentist a whole new, positive, experience!

Lucid dreamers have reported having 'cured' themselves of breast cancer, by visualizing the tumor in their dreams, entering it at a molecular level, and re-arranging its structure so that it collapsed and was cleaned up by the body's immune system. Research into the use of lucid dreaming and positive visualisation for the prevention and treatment of illness and disease is still in its early stages, but appears promising.

Burn up calories during R.E.M sleeping

Once you become proficient at lucid dreaming you can chose to take a nap instead of a snack. During that nap you can lucid dream and eat whatever you want to. In your lucid dreams you can enjoy all the pleasures and delights you have to discipline yourself against in waking life, for reasons of health, fitness, and aesthetics. You can eat anything you want in any quantities you desire. Many lucid dreamers who diet in waking life, enjoy this aspect of lucid dreaming. The calories you eat in dreams are not real. Everything is non-fattening. And there is another potential benefit of lucid dreaming. Not only can you not gain any kilos, you might also be able to burn up some.

For the brain burns up the same amount of energy during R.E.M sleep as it does in waking. The brain uses more energy, in the form of glycogen, than any other organ in the body. Sleep therapy has been used to help chronically obese people lose weight, by placing them in a state of sleep for weeks on end. It is very hard to actually burn more calories by exercising, than you do at rest. You would have to run dozens of kilometers each day just to burn up part of the energy that your body burns at rest.

I have often suddenly become aware of a ravenous hunger after having lost myself for hours in writing my novels. The brain, for most people living relatively sedentary lives, is the biggest consumer of calories in the human body. It would be interesting to see research done into 'lucid dreaming exercising'. It would be ideal for people suffering heart disease and high blood pressure. For in humans only respiration is affected during R.E.M sleep.

Dogs, on the other hand, are often seen to wag their tails, bark, and whimper during R.E.M sleep. My sister says I used to talk in my sleep! I remember trying to shout or scream at monsters in my dreams, and not being able to. But I also recall waking up shouting. Or at least thinking I had just been shouting!

Priming, and the effectiveness of advertising and propaganda explained

If you are hungry, thirsty, angry, or scared, then you will be primed to react to things differently than if you have just eaten and drunk your fill, are calm, and relaxed. Those famous Rohrsach inkblot tests show ambiguous images that you will interpret according to the priming of your current mental state. If you are fearful, you will see scary monsters in them. If you are relaxed, you will see friendly, welcoming images, even sexual in nature. If you have been reading a book about sailing you are more likely to define an ambiguous shape as a boat. If you see a burning bush and have been immersed in prayer, you are more likely to interpret it as a 'sign' from god than if you are a fire fighter worried about a new outbreak.

Police and former victims of crimes are more likely to interpret behavior as 'suspicious', and 'see' potential 'crime scenes' than the average person. If you have just been watching a horror movie, then you will tend to be more easily startled by sudden noises or movements around you. You will have been primed to expect something bad to happen by the movie.

If you have been watching mass media false-flag terrorist attacks, and hear on the radio that the 'terrorist threat level' has just been increased, you are going to feel quite nervous about flying, especially if you see 'Arab types' boarding the flight. If a building suddenly blows up for no reason, you will be quick to attribute it to 'terrorism', and you will swallow the most absurdly outrageously false stories the media chooses to feed you. Nothing anyone does is random. Everything is determined. Determined by something prior to the action.

In a recent Will Smith movie, the thief come gambler character he plays 'primes' his target for a few days by exposing them to a particular number and person. And so when that person later chooses that same number Jersey and football player, the dupe believes they have done so 'randomly' and with 'free will'.

Advertising and propaganda work the same way. At first the propaganda and advertisements may even be ridiculed by the public. However after constant repetition the public begin buying the advertised products, and believing in the propaganda. Hitler and WWI German authorities were surprised by the final success of British propaganda, which was at first met with ridicule and disbelief by the German and even British public.

Corporations and political parties invest huge amounts of money in advertising because it works. It primes you to unconsciously form particular associations in

your mind. Associations favorable to the corporation, their products, and the political parties, and their candidates. Ads for food, clothing, or even political candidates rarely sell the product. What they do is produce unconscious mental associations between their product and feelings of well-being, joy, happiness, success, satisfaction, peace, tranquility, positive excitement, sex, beauty, and health.

The viewer is rarely aware of the association that is being formed. They may even laugh at how unrealistic and absurd the advertisement is. However when it comes to the shopping aisle or voting booth, the associations are activated at a sub-conscious level. The person has a good feeling about buying that product or voting for the political party. They then rationalise this good feeling with arguments in favor of buying that product or voting in that way.

However it is pure post-revisionist rationalisation. The good feeling, the emotion, comes first. The 'rationalisation' simply occurs to justify the decision to act in a particular way. It offers the person a valid 'reason' for choosing one product or candidate over another. No-one wants to admit that they are irrational. That they are driven by unconscious emotional motives. That they have no free will.

Of course we all imagine ourselves immune. We all imagine ourselves to have free will. This is why advertising is legal. This is why it is so effective. That is why about a quarter of your shopping bill goes directly to pay for marketing costs. That is how the Zionists can buy the U.S congress, and your local representative, and get them to do what THEY want, rather than what YOU want them to.

Advertising and propaganda ultimately enters into your mind at an unconscious level, no matter how strongly your conscious mind ridicules it, mocks it, and imagines itself immune to it. The biggest propaganda scams running at the moment are the 'war on drugs' and the 'war on terrorism'.

Of course this item of information may be dissonant with what you believe. You experience cognitive dissonance. It is discomforting to have your beliefs about the very nature of your own 'free' will challenged. And so you will just dismiss it. You will deny it. You will discredit the messenger.

Philosophers are such a bunch of fools! Who does this writer think he is, telling me I have no free will? Telling me that I can be so easily manipulated! You will stick to your beliefs and assumptions. Much easier. Requires no effort. Naturalises the discomfort, the dis-ease, the anxiety, the threat. Just go on as if you never read this. Go on sleepwalking through life like a zombie. Reinterpret reality to fit with your existing assumptions, beliefs, world-views, dogmas, schemas and models. Twist it, distort it, bend it, re-shape it, and if that is too hard, just ignore it.

Of course there is not 100% concrete evidence that 911 was a false flag operation of the C.I.A and Mossad to justify petro-dollar ponsy scheme and Zionist central

bank wars. It was just like the T.V says. A bunch of Arabs. Arabs who survived 911 and continued with their careers as Saudi Air pilots and FAA air traffic controllers. You will even believe that planes actually hit the WTC. You will not bother with all the 'crazy' engineers and their 'evidence'. Easier just to swallow whatever rubbish the media dish out, and enjoy feeling superior to 'terrorists' and the unfortunate people who are going to be bombed and shot tonight by U.S and British drones and N.A.T.O 'soldiers'.

Teachings of the Jacqui Indian 'Nahwal' (a.k.a Benefactor-Seer-Sorcerer) Don Juan Maddis , as presented by Carlos Castaneda

The Earth is a sentient being, with its own 'luminous cocoon' like us. The entire universe is made up of self-aware energy, seen by Don Juan as luminous filaments.

Key to 'The Warriors Way' is the idea of the conservation of energy. Frugality ensures that the supply we have is not consumed in petty matters. In this way we store up our energy. When we have accumulated enough energy in this way, we become able to perceive realities that are otherwise closed to us, and also capable of utilising energy fields otherwise inaccessible to us. Once we have stored enough energy we are able to 'connect' with the 'intent' which produces all 'reality'.

Don Juan's 'Shamanic' ideas show great convergence with basic Zen principles, Hinduism, Hegel, and Schopenhauer. Schopenhauer talked of the Universe in terms of 'Will and preconception (Wille und Vorstellung). Don Juan uses the term 'intent' instead of 'will'. He sees the entire universe as the expression of intent. It is the intent of the creative force of the universe, expressed in the metaphor 'The Great Eagle'. All the realities that exist are the energetic emanations of the intent of The Great Eagle. This intent is a force that permeates everything. Thus the transcendent is immanent in the world. It is 'seen' by the 'sorcerer' / 'warrior' as luminous filaments of pure light energy. These filaments form bundles, and separate, to produce the world as we know it, and as we can not, from the viewpoint of limited human reason, know it. The luminous filaments are self-aware energy.

The 'primary reality' as I call it in TROONATNOOR, is merely will. The 'secondary reality' I write of is what we perceive / construct from this. There is no objective reality, per se, only this subjective reality. The dominant hegemonic 'social reality', as I call it, is the reality, the definitions, that we are conditioned to accept from birth. We must first free ourselves of the social reality, before being free to interrogate our personal, secondary reality. When we advance far enough, we are able to perceive the primary reality, the self-aware, conscious energy that everything is made of.

Like God in the Old Testament, who 'created' us for his own ends, The Great Eagle also has a motive for producing us. The same one in fact. Entertainment. More or less. Don Juan tells Carlos Castaneda that the Great Eagle produces sentient beings so that they may accumulate experiences. Upon the death of the

beings, the Great Eagle absorbs these experiences, thus expanding its own awareness. This reminds me of the great novelist 'Celine', who talks about people 'earning' their deaths by living out interesting stories, as Jim Morrison would put it, 'enough to base a movie on?' Celine has a vision of dead people sailing boats on the Seine, their stories providing the 'wind' for their boat's sails, which drive their boats to a well-earned death, as long as their stories are interesting enough.

By practicing 'impeccability' in all our actions and thoughts, we can, as L Ron Hubbard in his 'Scientology' put it, 'Become Cause', by having our own will acknowledged as the will of this 'Great Eagle'. Then we have total freedom. We are no longer the means to the Eagles own ends. For normally, upon death, The Great Eagle would absorb the sentient beings total sentience, along with the stories. However the impeccable warrior can escape being absorbed by 'recapitulating' their entire life in detail.

The Great Eagle will then consume these detailed recollections, the narratives and stories of the warrior's life, as if it was the warrior's sentience itself. Thus the warrior, as a unit of potential awareness, becomes totally free upon death. They can express their own intent as The Great Eagle's own intent, and the realities that The Great Eagle constructs will accept the warrior's will as if it was The Great Eagle's own will. Our intent will have the same power as it once had, when we first entered upon this 'game'. Our will will be done as it once was, when our will produced this 'experience engine', this 'play-station' we call this universe.

Don Juan's method is to force a break in the continuity of our experience. As in Zen practice, emptying the mind of all thoughts is key. We must 'turn off the internal dialogue'. For it is this internal dialogue, with its constant references to our 'self', that constantly reproduces our idea of having a fixed, enduring 'self'. Our idea that we are our 'selves'. That this form that we are currently is our essential self. That we are limited to this self. That this self is our authentic self. That this self is all there is. That the way this self perceives TROONATNOOR is valid. That the world is as it appears to this self.

We must then eliminate all our assumptions and preconceptions. We must see past the reality we have been conditioned to experience since birth. The world as we experience it is a product of our particular inherited definitions of TROONATNOOR. We interact with the energy fields, the Electromagnetic soup that makes up all reality, based on our inherited, habitual ways of defining things. When we have cleared away all these preconceptions, and broken the continuity of our past patterns of definition and action, of ways of seeing and being, we can experience the primary reality, the energy fields, the electromagnetic soup, directly.

When we can do this, we are free to utilise these energy fields, the emanations of The Great Eagle, the 'creative' source of all realities. We can use them to experience any of at least 600 different worlds, rather than being confined to our current one. We can access powers not usually available to people in this reality.

The method of 'impeccability' is 'The Bridge to Total Freedom' which Scientology speaks of. This is how we can, like The Great Eagle, become cause.

This is the synthesis that Hegel refers to in his metaphysics. The Great Eagle produces sentient beings in order to enjoy new experiences. These sentient beings are experience engines for The Great Eagle. The energetic emanations of The Great Eagle produce novel experiences, which can be experienced by the sentient beings, and then finally 'consumed' by The Great Eagle. Thus we have the thesis, The Great Eagle, via its own energetic emanations, producing its Anti-thesis, beings without free will, which are mere expressions of the source's own will / intent. Synthesis of these opposites is achieved when the sentient beings, through living impeccably, become independent, and gain their own free will, and the power to '*be* cause', to have their own 'will be done'.

It is the process of the source expressing itself, then knowing itself. We need the Tohnal to have experience as individuals. The 'island of the Tohnal' is the 'experience engine' which makes experiences possible at all. We, as the Nahwal 'created' the Tohnal, in a spirit of play. To have experiences. It is an experience engine. A fantasy role play platform. The synthesis Hegel describes occurs when we, as the Tohnal, re-connect with our authentic nature as the Nahwal. At this point we have achieved our goal. We are free, as fantasy role players, as lucid dreamers, to produce our own realities. Produce our own virtual reality movies. Our own fantasy worlds. And more importantly, consensus reality worlds where we can interact with 'others' who have achieved the same 'synthesis'.

In Zen and Hindu terms, the world is an illusion or 'Maya', produced in the spirit of play, by the source, the 'godhead'. I refer to organisms, and realities, as 'experience engines' in my TROONATNOOR books. There is great convergence between my own independently arrived at conclusions, and those of Zen, Hinduism, and the Jacqui Indian philosophy as expressed by Don Juan to Carlos Castaneda. Like Celine, I imagine that we exist to 'entertain' whatever sentience produced us. That in fact we are all really part of one whole sentience, and 'divide' into individual experience engines in order to have experiences. In other words life is a game, an experience engine. This is consistent with Hinduism and Zen.

Schopenhauer and most forms of Buddhism became pessimistic upon realising what Don Juan realised. However, Don Juan like L Ron Hubbard, are optimists, and imagine that we can escape the determinism of our inheritance, and the universal will, and gain total freedom of will. This corresponds to Hegel's 'synthesis'. This would be the final stage of history. The regaining of the original power we lost when we divided into separate beings, and entered this necessarily deterministic game set-up.

Thus we, originally the one, the god-head, the source, can once more, but this time as many individuals, regain our true nature, and '*be* cause'. I suggest that the means to this is by learning how to 'play nice'. You can call it ethics or morals. Don Juan calls it 'impeccability'. For gaining our freedom would bring nothing

but misery if we do so before we have learned how to 'play nice'. Just look how most humans abuse the little power they have on this earth for the little time they are free to enjoy it. Don Juan says the warrior becomes tired of the endless parade of human misery.

Don Juan speaks of learning self-control as 'stalking'. I speak of 'interrogations'. 'Philosopher, know thyself'. It all adds up to the same point. You have to 'stalk' your own preconceptions, definitions, egotism, habits, desires, and will, as if they were your 'prey'. As if they were your enemy.

Like Edward De Bono, Don Juan recognises that you cannot get people to directly challenge their own preconceptions, inherited ways of defining things, and habitual mental practices. People take these for granted as natural and normal and beyond challenge. And so the 'Nahwal' teaches their students indirectly. They get them to challenge their own preconceptions, definitions, and ways of thinking and being, in indirect ways.

Don Juan refers to these 'tricks' as 'Controlled folly'. They include the use of psychotropic plants that play games with our minds perceptions. Like all religions of the world, the Nahwal will also use their own form of 'noble lies' in the form of suggestion, hypnotism, psychotropic plants, and stories.

Like the teacher in 'The Karate Kid', the Nahwal engages their student in activities, 'pseudo tasks', that indirectly teach them important skills and lessons. This is similar to Edward De Bono's 'Thinking hats' methodology. Don Juan teaches the Zen idea of 'acting without any gaining idea' by having Carlos Castaneda perform laborious tasks like scratching symbols in the sand around Don Juan's house, by offering him 'noble lie' pretexts, such as that the symbols will provide protection from a fictitious threat.

Other actions, like the Karate kid's 'wax on', 'wax off', which teach particular motor skills, and muscle memory, are analog actions to those which the student might consider pointless, silly, or embarrassing, and thus refuse to carry out. But by producing the right 'dramaturgy', the student can be 'tricked' into learning new motor skills, and new ways of seeing and being.

You can even lead a person into the right 'frame of mind' through pointless rituals which have been imbued with 'meaning' to encourage the participants to repeat them. The rituals can produce a calm, alert, more empty state of mind, and help 'turn off the internal dialogue' of 'self-reflection', and 'stop the world'.

People might behave more 'impeccably' and ethically if they imagine they are emulating some god-man or great hero, or gaining positive karma, or earning some god's forgiveness or intercession, or making some other form of 'investment' in their own welfare, and that of their loved ones. And then once the people who are most able to benefit from such states of mind, and 'impeccability' achieve these states, they will be receptive to genuine, authentic enlightenment.

For this state only comes about of itself, after disciplining the mind in the appropriate ways.

Tell the student what they are really doing and why, and they might just reject it out of hand as too 'abstract'. People like 'idols'. It is human nature. To desire 'concrete' images, motives, and objectives. So give them more concrete dogmatic, more accessible, conventional, and even self-serving motives to practice certain states of mind and ethics, and they can be lead to practice them. Indirectly.

They will go through certain motions and develop muscle memory and mental states that can later be transcribed back to achieve the true intentions of the teacher. Most people will never move beyond the 'dogmatic' motivations, and never really attain any enlightenment. But a few will discover the truth behind the 'noble' lies, and their practices, though originally 'self-serving', will open their mind, and then 'illuminate' their consciousness. It will free them of their 'minds', of their 'selves'. This illumination cannot be directly sought out. Reason cannot comprehend it, or how it operates. It is the *nuomenal*, no-thing, the thing without form, from which all things emanate, emerge, and become.

Only the authentic Zen practice of 'beginners mind', of 'emptiness', of 'turning off the internal dialog' and 'stopping the world', by 'breaking the continuity' of self-reflection which re-produces the illusion that you are the 'self' you inherited at birth, and 'shrinking the Tohnal' can open up the 'crack', the 'Bardot' in the stream of space-time-self, allow you to exit into, and thus return back to your authentic state as 'The Nahwal', to let you 'step outside the reflexive sphere' I call social reality'. Don Juan uses the term 'Tohnal' for what I call 'social reality'. He uses the term 'Nahwal' to refer to our authentic nature.

The Nahwal is the *nuomenal*. The *unname-able*. The no-thing without form, description, or name. It is pure effect. It is the source of all creative power. All knowable things are its emanations. Remember that when Moses asks the voice of 'god' what its name is, it replies 'I that I am'. In Talmudic tradition God is not named. In fact it is a sin punishable by death to name the god. Only the high priest may do on, and only in the most sacred place and time, in the 'holy of holies', the 'tent of the presence of god.

The 'Tohnal', the limited 'self', and the world it inhabits, is like an island in the 'dark sea of awareness'. From birth onwards we are socially conditioned to perceive the electromagnetic soup that we are, and in which we are immersed in particular ways. We learn how to 'define' parts of the soup as 'bodies', as 'us', as 'not-us', as 'others', as 'objects', and such notions as 'cause and effect', and the 'consensual' limits to our physical powers. We actively construct our 'realities' in this way. Thus we come to re-produce the perceptions, definitions, and assumptions we inherited. We pass them onto our own children. The 'collective Tohnal' is what Freud called the 'Zeitgeist', the 'spirit of the times'. The current dominant hegemonic social reality.

The Tohnal is 'groomed' from birth until death. It judges, assesses, witnesses, and defines. Thus the tool of reason, and of self-reflection, is language. Language is the act of defining and limiting. Take away language and you are left with pure consciousness. Take away language and self-reflection is impossible. It is the 'internal dialogue' that constructs the idea of an enduring self. And a self that is phenomenal. A self that is born and dies.

Thus language produces anxiety, by defining things as good and bad, desirable and undesirable, and ultimately the idea of death. Turn off the internal dialogue, stop reasoning with words, stop defining, and the world, which is the product of these things, simply stops. For as long as the internal dialogue is shut down. These are experienced by moments of bliss. Nirvana. The 'Bardot'. Calm. Peace. Holiness. Eros Gamos. When the Tohnal shrinks and the Nahwal is experienced directly.

A dominant hegemonic social reality is first produced, then re-produced, by the Tohnal. 'God' and 'Odin' began the process, when they 'defined' the world via 'language'. Words / Runes are indeed 'magical'. They take an infinite sea of awareness, of electromagnetic soup, and partition a little bit of it off. With this little portion of 'soup' they go about constructing a virtual reality, a fantasy role playing platform. Learn the programming language, and you can build upon the platform, or construct your own platform. In order to have a satisfying game, you simply need to get the consensus of some other 'players' to join you.

Then you can have a real game. A real fantasy role playing adventure. Like some software designers / producers taking some of the internet bandwidth, and hard-disc memory to 'create' virtual worlds. For reality is virtual. All the brightest physicists, chemists, and all the greatest philosopher-prophets, agree. The meaning of life is really the mystery of the dreamer and the dream. They are one. The gamer is the game. All experience is the product of this illusion the Buddhists and Hindu's call 'Maya'. It is the outcome of the original impulse called 'lila', or 'play'. All reality is an experience engine, produced in the spirit of play. Of adventure. Of entertainment. Life answers the question 'what meanings could life have'. What games are possible? What fantasy role plays might be satisfying.

Like the Bride Groom in Jesus' parable, illumination will come. You just have to prepare. Make yourself ready. Be ever present and in the correct state of mind. Always. At every moment. Be alert and prepared. Ensure that today is, indeed, 'a good day to die'. And then without any warning, illumination will descend upon you. The Bride Groom will arrive. And because you have been living impeccably, and practicing, whether you realise it or not, Zen forms of being and seeing, you will be able to accept the Bride Groom.

You will experience the true Hieros Gamos. The union. The return to your god-head. The unity with the Bride Groom. The experience of your authentic nature of limitless creative energy. The nuomenal state of *being* that transcends, and is immanent in, the phenomenal world of forms, of becoming.

It is ironic that great wise teachers like Don Juan, and the best elements of every religion, attract followers by offering them personal benefits, in order to teach the most able and insightful of those they have gathered around them the Zen principles of self-less-ness. For it is through the dissolution of our ideas of 'self', the seeing through the 'veil of ignorance' of the 'illusion of the self', that we gain freedom. And only once we have learned to behave 'impeccably', ethically, with sweetness and patience and humility, that our true authentic power is able to return to us. For we saw, in the beginning, that we could not trust our 'selves' with true power until we have learned how to employ it responsibly.

Sweetness, humility, the absence of pride, or self-indulgent self-reflection and self-pity, the 'erasure of our personal history', and doing whatever tasks we have, in true Zen fashion, to the best of our ability, and with the greatest attention to quality, are all trademarks of the warriors', the seeker's 'impeccability'.

The impeccable warrior is also a true skeptic, (seeker) in the Humean and Zen tradition. They act as if everything is real, while suspending judgment about whether it really is real or not. They act heuristically while making no assumptions, and forming no final judgments. They are completely free of dogma, and hence free of religion. They are tired of the endless parade of human misery, and are quite comfortable in their own company. They no longer need the company of others. They are indifferent to company.

The Old Testament tells us that 'In the beginning was the word. And the word was with god. And the word was god'. Odin, the Nordic equivalent of this god, sacrificed himself to himself (like God becoming Jesus and sacrificing himself to himself), as he hung from the world tree 'Yggdrasil' for nine days and nine nights, suffering, in order to learn the secret of the Runes.

I interpret these legends to mean that it is the act of 'defining', and thus 'limiting' the limitless, formless chaos to forms, which produced this world we live in. Language is based on 'filtering' out stuff. All meanings are reflexive. One thing has meaning only in relation to the meaning other things have. I explain this concept in my TROONATNOOR books. Words limit something to what it is, by defining what it is not. The more precise a term is, the more things it declares itself not to be. Language is about setting boundaries. It is about limiting.

Chaos is infinite and endless and inclusive. Language is finite and exclusive. Thus the moment we assign a word to a thing, or idea, or situation, we are limiting it. We are setting its boundaries. We are 'creating' an exclusive entity. We are imposing an order upon the chaos, like the Old Testament god does in Genesis. The point of Odin discovering the mystery of the Runes, the Nordic 'alphabet', is the same. When you define a mass of electromagnetic soup as this, and not that, you are producing a world. You are defining things. You are limiting them. You are producing the potential to experience something other than energy fields, electromagnetic soup. You are 'creating' a world.

We, when we were one being, intended becoming 'many' individuals. Simply to enjoy 'otherness'. To have experiences. We first 'created' a world, by defining things exclusively as this and not that. Then we created the illusion of individual units of awareness, souls, 'individual selves', by defining a mass of electromagnetic soup as an exclusive entity. From the one phenomenal being that is our authentic, unitary, shared nature, we 'created' phenomenal forms we defined as 'us' and not 'them', as 'you' and 'me'.

I explain this in detail in my TROONATNOOR books. By our own thoughts the world was created. And at some point thoughts become institutionalised and ossified as 'reality'. As if reality was something fixed and permanent. Something we were born into, rather than something that we ourselves had 'created' by consensus. By fiat. We inherited our ways of being and seeing at birth. We are socialised and conditioned from birth to define the electromagnetic soup in particular, narrow, sub-optimal ways. I explain all this in detail in my TROONATNOOR books.

Freud, David Hume, L Ron Hubbard, and Don Juan would have had a great time together, I am sure. Buddha and Schopenhauer may have actually regained some optimism. Some hope. All of these great minds recognise the absence of free will in this world. That our wills are not our own. That we are slaves to our passions, desires, fears, and hopes. That we inherit a narrative, a script, and all our 'motivations'. That the world is not as we imagine it to be. That there is no cause and effect. That objects do not exist. That we merely experience bundles of qualities. That we have no fixed 'personality', but rather a loose set of independent, often contradictory impulses. That we actively 'construct' reality in our own minds.

L Ron Hubbard was fond of telling his students to 'be three feet behind your head'. Don Juan tells Carlos Castaneda that the assemblage point is not in our brains, but rather 30 cm behind our right hand shoulder. Don Juan visualises / sees our point of awareness, our 'assemblage point', the point at which we construct our perceptions, as a tennis ball sized luminous sphere. This is itself inside the larger ball that encompasses the entire person like a luminous shell or 'egg shaped sphere'.

When you see the 'self' as a 'foreign installation', an illusion, a mental construct, a determining force, the puppet master, rather than the true self, the authentic nature, then this metaphor, or literal description, makes perfect sense. It is a great way to keep a distance from the 'self', and to keep a wary gaze on it. To stop it taking control again. To stop it distracting our attention, and sucking all our energy up. To stop it stopping us from 'being 3 feet behind our head', and realising that the 'self' is NOT us. It is just an experience engine.

First realise that you are 'puppet-you'. It is 'puppet Markus' that wrote this, and the TROONATNOOR books. But by being 3 feet behind his head. And realising that, hey, that's Markus. Now if that is Markus, then who and what am I, the one doing the observing of puppet Markus? Markus is a collection of memories,

conditioning, impulses, and demands upon MY attention. Maybe sometimes it is fun being Markus. But who would want to be JUST Markus, and for eternity? Not me. And all the shit Markus puts me through. Surely there must be a better game to play. A better way to be? So what is holding me back? What has 'nailed me' to this 'cross' called Markus, as Buddha would put it? "L Ron Hubbard would say Engrams, like any good student of Freud.

Don Juan's 'recapitulating' is the equivalent of Freud's 'psychoanalysis', which forms the basis for **L Ron Hubbard's 'Dianetics'**. The idea is that we need to relive, recall in detail, all the key past events and their associated emotions, of our lives, in order to free ourselves of them. Once we have faced up to our demons, our regrets, our guilt, our mistakes, we are free to move on from them. However as long as we repress them, they consume our energy. L Ron Hubbard called the stored energy 'engrams'. These use up precious energy. In Don Juan's terms, we need to be frugal with our energy. We need to save it. By eliminating the 'waste' of 'engrams', we can access more energy.

Scientology uses 'E-meters' to measure changes in the electro-galvanic charges that sweat produces on our skin. Emotions produce this sweat. And so the 'Auditor' can see, as a change in the E-meter reading, when someone is consciously or unconsciously uncomfortable or emotional, in response to the Auditor's questions. Psychotherapists tend to use 'free association' and targeted questions to discover repressed memories that are producing neurotic symptoms in their patients. Auditors use the E-meter in the same way, along with more conventional methods from psychoanalysis, such as 'role playing' using dolls.

What the psychoanalyst and Auditor are searching for are repressed memories which are the source of current symptoms such as neuroses, and psycho-somatic illnesses. Don Juan calls these Engrams 'Ushers'. For once you discover an 'Usher' you can re-live the events and emotions of the repressed experience or impression in detail, in the form of a 'recapitulation'.

This re-experiencing of the event defuses it of its energetic potential. Energy that was stored up in, and blocked by, this energetic blockage, is now released and available to the organism. It also saves energy that it had previously invested in repressing the experience or impression. Significant experiences that were not resolved at the time they took place can now be resolved.

The recall has 'ushered' in the chance to resolve the repressed issues. It also suddenly opens up the person to a rush of recollections associated with the event. All the associations had to be repressed along with the traumatic event itself, in order to prevent it 'leaking' through. Please read my TROONATNOOR books for details.

The problem with repressed memories is that the situations surrounding them will tend to be acted out, over and over, until the repressed memory is brought to the surface, and resolved. We call this 'acting out'. Thus people continue to become involved with similar people in similarly dysfunctional relationships. Or they

develop neurotic symptoms like phobias, and compulsive repetitive behaviors. Other symptoms can draw our attention to the repressed events, from hysterical blindness, to the loss of the use of one or more limbs. Once you discover the repressed memory at the source of these symptoms, they resolve themselves to be psycho-somatic, as 'hysterical', and disappear.

Don Juan's 'Usher' is an apt metaphor. Freud might call it a 'screen memory'. A screen memory is a false memory that hides a real memory that has been repressed. So you remember your uncle giving you a cup of cocoa. But that never happened. In fact he molested you. That sort of thing. Often the screen memory is the inversion of the true event. And so the screen memory will be of something good that never happened. It hides a horrific memory you have repressed.

Once you begin recalling this 'screen memory', you stumble upon more and more associated memories, which lead you further into your repressed unconscious until, like an oil reserve held under pressure, a stream of memories gush forth from the darkness and into the light. Suddenly this stream 'ushers in' a memory that had been, until that moment, repressed.

The person suddenly becomes aware of it. They were 'free associating' about bananas and yellow Cadillacs, and suddenly they are confronted with the memory of their uncle molesting them on a yellow bed. They now have the chance, if they are brave enough, to face the memory, and 'express it'. Then they will stop acting it out. Their hysterical symptoms will disappear. They will release the energy that had been trapped, and free up the energy that was being used to repress it.

Alternatively the repressed memory may be something bad the person did, which they felt overwhelmingly, traumatically guilty for. They repressed the memory, but punished themselves for the rest of their lives, sabotaging their own happiness, to 'repay' for the bad deed they did. Once they face the memory, and deal with the guilt, they can go on leading happier lives, without feeling, and expressing, the unconscious, repressed desire to punish themselves. But this recapitulation is not just about mental health for Don Juan. It goes much much deeper than that.

As Freud said, we all owe life one death. For Don Juan, this is one of the two true secrets that the old Jacqui Nahwals discovered, and which he passed on to Carlos Castaneda. Don Juan tells us that the whole reason for our existence is that we, like the creations of the God of The Old Testament, were created in the interests of The Great Eagle. It was driven to create us, and our worlds, by an appetite for experiences. For awareness.

At our deaths, the Great Eagle usually consumes us, to enjoy our 'stories' and consume our 'experiences' and thus 'extend its awareness'. By recapitulating our lives in great detail, we serve our purposes for the Great Eagle. Once it has consumed / absorbed whatever 'awareness' we had to offer, it loses interest in us. We are free to go. It has had its fill already.

This reminds me of the great French author Celine. He imagines sailors on the Seine, who having lived interesting lives, and now having stories to tell, have earned their deaths. They sail along the Sein, towards death, their 'stories' filling their sails like wind, propelling them on. They have 'paid the price' 'in installments', for death, an escape from the wretched, miserable human condition. They paid in full, in the form of 'interesting stories' for death to enjoy. As Jim Morrison would put it, 'enough to base a movie on'.

Don Juan instructs Carlos Castaneda to write a list of all the people in his life, from the most recent, to the furthest past, and to recall as many details about his experiences with them as possible, beginning with the most recent. He is then to 'make amends' to any people he feels he needs to. Once he has done this he is truly free of his past. He has escaped his personal history. He can escape his 'self'.

Once we have freed up all our energy, we will have enough energy to free our authentic nature of our 'selves'. To free us of the illusion of a fixed, limited, mortal 'self'. To free us from the illusion of a unitary, homogenous, permanent, enduring 'personality'. This illusion prevents us from realising our true authentic selves. Our true natures. As units of awareness without fixed form. As the potential to be any form. As the potential for experience. As pure self-aware, conscious energy.

Thus we can free up all the energy available to us. We can become free to experience all the many worlds that exist. We can become free to construct our own new worlds. Worlds we can share with each other, now that we have learned how to 'play nice'. We can be freed of the inherited definitions of TROONATNOOR. We can escape history.

The idea of escaping history is key to the teachings of Don Juan, as of Zen. The idea is to produce a 'break' in the 'continuity' of our perceptions. To simply 'step outside the circle' of our inherited, social reality. To step away from our personal habits and history, and thus our 'secondary reality'. To stop being and seeing the way we habitually do. To enter a 'Bardot', as the Tibetan Buddhists call it, between this moment and the next.

This 'Bardot' offers a chance to step back from our 'selves', from our habitual, conditioned ways of thinking, defining, acting, believing, feeling, reacting, being, and seeing. This is a chance to perceive the 'primary reality', that all that exists are fields of energy, electromagnetic soup.

We must 'disrupt' our routines and habits. We must focus on what we would normally overlook. We must focus our attention on the shadows, rather than the objects that make them. We must focus on the space between the leaves of the tree, rather than the leaves.

First we must interrogate the Tohnal and learn to know it completely. We must comprehend TROONATNOOR. Then we can achieve harmony in the Tohnal. We can become frugal with our energy expenditures. We can attend to what is

most important, and turn of the rest of our 'mental chatter', self-pity, selfish gaining impulses, and anything else that would otherwise consume up our energy and attention. Where attention goes, energy flows. Don Juan's 'warrior' has no regrets, and never complains. They simply forbear and wait patiently for things to improve. In true Zen Stoic fashion a-la Marcus Aurelius. These are a waste of energy. They are never productive. They produce only added suffering, adding to whatever caused the regret or was the source of complaint.

We cannot escape grief and pain. We must accept this fact. What we can avoid is indulging in our grief and pain, and adding to our own suffering. The warrior practices true Zen 'acquiescence'. Total acceptance of their fate without any complaints or recriminations. These are a waste of energy. They literally prevent us saving up enough energy to reach enlightenment.

The 'warrior' forbears all injustices and attacks. It is a simple, disciplined but joyful holding back of what is due to the perpetrator, in the sure confidence of final victory, without any anxiety, fear, or hate. You would use your time to store up energy, and learn the vulnerable points of your adversary. It is not a question of malice or revenge, but of their adversary 'getting their just deserts'. You bide your time, and wait for the ideal opportunity and means to see justice served. However at no point do you attend to, or waste energy on, pointless emotions like rage, anger, self-pity, pride, wrath, or malice. You do not wallow in self-pity and victimhood.

And at some point, like Marcus Aurelius, and Lao Tzu, you have to 'know when to quit'. Some things cannot be changed. And so you have to know when to 'walk away' from a situation. To walk away from particular conditions, and people. Without any burning need for revenge. Knowing that all things are determined. All those who wound you had no free will in the matter. And you will wound others also, without wanting to. Therefore we must learn to forgive.

We must take every opportunity that life presents us with to practice these skills. We must start with the small things. Stop getting irritated with our computer, with traffic, with other people's stupidity and indifference.

Once we can maintain our equanimity and poise in the face of these trifling irritants, we can begin to strengthen our resolve, so that when the big problems present themselves, which they are bound to sooner or later, we will have developed the optimal responses, as a matter of muscle memory and habit. Then nothing that life throws at us can bring us out of our equilibrium.

In fact Don Juan teaches us that death is our greatest ally. We should maintain a constant awareness that this may be our last moment. That death is stalking us. We should imagine death as sitting on our left shoulder. Any time we feel like getting angry, impatient, irritated, frustrated, self-pitying, or fed up, we should remember that we may die at any moment.

We must therefore maintain our 'impeccability', so that we can honestly say 'today is a good day to die'. This means that we have our house in order. We do not need to 'call a priest' to give us absolution. Our impeccability guarantees we are in a 'state of grace' at every moment. For we 'practice' Zen. Each moment. We do not have to worry about what our last words to our loved ones were. For they would have been correct.

We will not allow ourselves to wallow in anger, self-pity, because we will not feel self-important. You cannot pity yourself, or feel the victim, or feel slighted, or wronged, if you are truly humble. You cannot fear any damage to the 'self' when it is no more than a pair of shoes you have put on, and which you know will wear out and fall apart. You have no emotional attachment to your 'self'. Or to others. You enjoy your 'self' and others, but you do not 'need' them. You may 'want' them, but you always keep a degree of detachment from all phenomenal forms in this world of becoming. You have nothing to gain or to lose. Life is a game. And adventure. Entered into in the spirit of play.

Only when you can truly say, 'today is a good day to die', are you really in a state of grace. A state of impeccability. Really 'clear' and 'OT'. You can enjoy each moment, without fear of losing it. You can enjoy everything good that comes your way without needing it. Without fearing its loss. Without anxiety. You can accept the pain and get over it, rather than dwelling on it, and making it so much worse. You will have no pride, and so no-one can wound your pride. No-one will be able to 'cut you down to size' as you will have no self-importance. You will have no interest in status or status goods. You will never be tricked. You will never have your attention *mis*-directed. You will be free to die at any moment, and so no-one will ever be able to enslave you, let alone imprison or torture you.

The 'warrior' is to 'clean and re-order' the 'island of the Tohnal'. The 'warriors' highest attainment is to cease wanting or desiring anything. Our desires define us. Without desire, as I explained in my 'one step enlightenment' **WordPress** post, we are without a 'self'. We are free of the 'self'. Once we have harmony in the Tohnal, we can gradually build up our energy reserves, our 'personal power', until at some point in the future we store up enough to break free of the Tohnal. We will begin operating at a higher vibrational frequency that is resonant with the Nahwal, (as David Icke would put it), and thus once more gain access to the Nahwal.

We can become portals to the Nahwal in the Tohnal, and access its creative power. This is the synthesis Hegel spoke of. This is the higher level 'Operating Thetan' levels that L Ron Hubbard offers the practitioners of Scientology. It is 'felt' rather than 'known'. For it is beyond reason. If we were to interact with the Nahwal without first having stored up sufficient energy, and begun operating at a higher frequency, one resonant with some of the emanations of the Nahwal, then the experience would overwhelm our reason, and prove disastrous.

Thus we must concentrate on the getting our 'Tohnal' in order, or as L Ron Hubbard would put it, raising our 'tone' to the highest possible OT (Operating

Thetan) levels. All we can do is prepare ourselves, by raising our 'tone' levels, our 'personal power', by living impeccably, and living in a state of constant readiness for, as Jesus put it, the 'Bride Groom' to arrive and illuminate us. When we have attained sufficient 'tone' and 'personal power', we will begin resonating at the higher vibrational frequencies of the Nahwal's emanations, and thus move towards the ultimate 'synthesis' Hegel describes.

The Bardot is the opportunity to throw off our typical 'character', 'role', 'masks', 'personas', and step outside the circle of our usual, habitual, automatic, 'natural', uncritical, unthinking, 'sleep walking', 'zombie' ways. Then we can take a look at our 'selves'. We can slough off the bits that are not essential to our authentic nature. We can 'stop the internal dialogue' of 'self-reflection' and 'self-pity'. We can abandon the concept of a 'self' as such.

We can start seeing the 'self' we define ourselves as as being a construct. This 'self' is no more than a character in a play. A role in a movie. A scripted part of a plot. A narrative that we ourselves have written, and which others have written for us. But a narrative that is not necessary. A narrative that is only one of an infinite number of possible 'selves' that we can be and experience. Merely one of 'The 1000 flowers of the soul', as Hermann Hesse, so eloquently express it.

We can stop being the self we have become deluded into thinking is us. It is just one of an infinite number of possible selves. We can re-construct it as we like. It is just a construct. It is just a fabrication. No more than the character in the books we read and the films we see. A mere vehicle for expression of the will for life, for love, for fun, for adventure, for fascination, for excitement, for experiences, for entertainment. Life is a game. We lost our playful natures somehow. Hinduism and Buddhism say we simply got too immersed in the game, and forgot our true nature.

However Don Juan offers an intriguing answer to this most basic of questions that Hinduism, Buddhism, and Zen raise. Sure, you can accept the Old Testament / Jewish / Christian / Islamic idea that some God 'created' us and is punishing us for not submitting to his tyrannical, infantile whims. But you'd have to be pretty ignorant and silly to allow a slave religion to enslave your mind. The ignorance I can correct for. Just read my TROONATNOOR books.

But for the rest of us who like to use our brains for more than just learning stuff so we can better serve the interests of the beneficiary classes, producing the goods and services that make their lives worth living, and ours a miserable, wretched burden, Don Juan has a super-Freudian idea.

Don Juan finally reveals the big secret that all of his 'controlled folly' and 'stalking' and 'tricks' were all the means to preparing the student for. Freud identified the unconscious mind as the source of all our thoughts, motives, impulses, and will. We do not enjoy free will. We enjoy the illusion of free will. We may get to have what we want, but we may never get to choose what we want, as Schopenhauer so neatly put it.

All the great minds of history would agree that our will, our mind, is 'alien'. Just ask the sufferers of 'Alien hand syndrome'. Read up all my TROONATNOOR stuff on free will. Cognitive science and Neuroscience has proven what Hume and Freud and Schopenhauer all provided compelling arguments for. Free will is an illusion. Our wills are not our own. Our will is imposed on us, and our own mind's trick us into 'owning' it. Even the brilliant Aristotle was tricked by his own mind into defining man's will as the end of all things. He failed to question where man's will comes from. For it is surely not his own.

So, the great secret Don Juan has to reveal after decades of 'preparing' Carlos Castaneda is this. 'Flyers'. The 'fleeting shadows'. Non-organic beings that feed off our 'emotional' energy. They are the 'alien' 'foreign installation'-mind that we mistake for our own mind. It is their will that we do. Not our own. They are the god. It is 'their will be done'.

They in fact constructed all the world's religions to delude us. They construct all our perceptions, and then they themselves pretend to analyse these perceptions. We accept the arguments that the producer constructs for us to validate their own construction. Yes the ultimate foxes are in charge of the chicken coop. We accept the products of our reason, unaware that it is not our reason, but the 'reason-s-ing' of the Flyers. When we ask our reason to critically evaluate our senses, it tells us that 'seeing is believing'.

Only the true Skeptic, the Zen practitioner, or a Jacqui 'warrior' distrusts their own sense perceptions, and the conventional reasoning of 'their' minds. David Hume saw through the veil of ignorance, to become as skeptical as any Zen practitioner. Don Juan puts it neatly when he warns us to eliminate all the a-priori knowledge from our thinking. In other words assume nothing. Don't trust your own eyes and ears. They fool you. Don't trust your reason, as Hume demonstrated, it is a bad guide. It takes really deep and concentrated 'attending' to realise, like Hume, that our judgments are not reliable. As the Bible says, 'Judge not'.

The motive of the 'Flyers' is to stimulate us to have emotions like desire, hate, love, fear, hope, envy, jealousy, self-pity, egotism, even to the point of homicidal egotism and suicidal self-pity, misery, joy, elation, and despair. Why? Because, like in the 'Matrix' films, they are feeding off the electromagnetic energy that is produced by our own 'luminous being' when we 'experience' these emotions. They lap up emotions like Plato says women do. In fact any self-reflection at all, any thought of the self, any self-pity, and self-service, any thought or worry or hope regarding this 'self' that we mistake for our authentic selves, is food for the Flyers.

And so they ensure that we perceive the world in ways that will produce these emotions, and tie up our own energy so that we never become aware of what they are doing. Like the mass media and mass education systems constantly flood our minds with rubbish, to keep it occupied, *mis*-directed away from real critical thinking. We are too busy chasing pieces of paper called money, and being

careful not to break 'laws' that were only put there to distract and use up our energy. We consume these 'Flyer's' definitions of TROONATNOOR. They are what I call the dominant, hegemonic, 'social reality'.

'Where attention goes, energy flows' is an old Zen saying. If you focus on your 'self', then you will build the strength of the limited 'self'. Focus your attention, your '*attending*', on self-pity, and you will end up in despair. You waste your limited energy on self-pity. It is a bad investment. It yields only despair. And generally by focusing your fears, anxieties, regrets, guilts, and so on, by paying all your 'attention' to them, you not only feed them so that they grow and dominate you, but you spend up all your attending on the past and future, and have none for the present, where it is most needed, and most efficacious.

The 'self' is a puppet of the unconscious, or the 'Flyers', 'Reptiles', or thousands of 'Thetans', depending on whose metaphor you chose to go with, Freud's, Don Juan's, David Icke's, or L Ron Hubbard's. It is not your authentic nature. If you attend to your 'self' in constant 'self' reflection, then you will strengthen the illusion of the self at the expense of the realisation of your true authentic nature. You will become 'attached' to this 'self'. This will bring you suffering, as this 'self' is phenomenal. It belongs to the world of 'becoming'. It is doomed to dissolution. And so you will suffer anxiety about this fact. You will live in fear of this dissolution. You will become defensive and protectionist. You will also be egotistical, to the point of homicidal egotism.

Once you can start thinking of 'the voice in your head', your 'reason', as that demented dog that barks its head off at everyone that walks down the street for no reason, and which no matter how hard you try to calm and appease it, it still goes mad like it wants to rip you to pieces, you are on your way.

When you can start thinking of your 'self', and that 'voice in your head', what we call 'reason', in the third person, you can begin to distance yourself from this 'self'. This 'puppet' of the unconscious. This 'foreign installation' is tricking you. You have to start 'stalking' it like you would any dangerous animal or criminal. Start interrogating your 'self'. What is it really? Is it what you WANT to be? How enduring is it really? How much denial and retrospective revision is required to uphold the assumption of an enduring personality? Can you face its conflicting emotions and impulses and still construct a unity from them? Or can you admit to yourself that you are made up of bundles of contradictory, independent, conflicting motives, impulses, and emotions. And start seeing that the 'self' is merely an illusion. And start widening your perspective.

In the 'Matrix' films, robots have taken over the world, and use humans as a source of electricity. Descartes made the compelling argument, supported by 21st century science, that we might all be merely brains in vats. For all experiences are constructed and experienced inside our heads. (Though Don Juan argues that they are constructed / received at 'Assemblage points' on our 'luminous cocoons', located just above our navels).

You can stimulate the nerve endings of our brains to produce everything we experience. You can do it yourself simply by vividly imagining something. You do it in dreams all the time. So there is nothing new about Don Juan's idea that the world is a mere construct. That all that exists 'out there' and even 'in here', is electromagnetic soup. Even the concept of bodies, and brains, and never endings, is just another 'red herring' twist to confound and obfuscate us. For our brains are no more than electromagnetic soup too! It is all one big Matrix of energy. One big matrix of illusions. Just data. We are kept at low energy levels so we can only access a limited quantity of this data. We are limited to one way of experiencing.

When our energy levels rise, we have access to the whole matrix. We can leave our current, limited experience, and enjoy the entirety of the matrix, with its limitless worlds. (At least 600 by Don Juan's account). We can learn to 'tune' our perceptions to the entire bandwidth of electromagnetic soup.

Don Juan also claims that we can in fact re-assemble our 'cluster of luminous fibers' to produce a 'double', and be in two places at the same time.

Don Juan teaches that it is imperative, therefore, to discipline ourselves to stop all our 'self' reflections. To stop continually re-producing and strengthening the illusion of a limited 'self'. We must stop all our self-pity, all our thoughts of self-gain and self-loss. We must discard our notions of 'self'. All notions of having an enduring, homogenous, unitary, unified, cohesive, compelling 'self'.

When we 'turn off the mental dialogue' that we have with our 'selves' and which are all about our 'selves' and which concern themselves with our 'selves' and which have as their locus our 'selves', and become totally empty of thoughts of the 'self', completely empty and quiet and serene, we stop giving off that emotional energy. The 'Flyers' start starving. They will push and prod us, and try to get us to start acting as they need us to, but if we are disciplined, over time, we can defeat their attempts. We can become 'empty', as Buddha put it, and no longer of any interest to them. These predators will then leave us in peace.

And then we will be able to start storing up the energy that the Flyers had been sucking from us. When we have saved up enough energy, we can re-build our complete, original energy levels, and become what Hubbard calls 'Operating Thetans'. Like muesli we will become 'OT good'. Our 'glowing coat of awareness', our 'energy shells', our 'luminous cocoons' will regrow. We will regain the power to move our 'Assemblage points' at will.

In other words we will become free to define reality, TROONATNOOR, for ourselves. This was what I stated as my aim in my first TROONATNOOR book decades before reading Carlos Castaneda. We will be free to experience any of the (600 according to Don Juan) realities that currently exist. Right now we are confined to this one rather miserable, limited reality. Further, as 'Operating Thetans', we will, like Tom Cruise, (at least in his movies, and in his own mind), be free to 'be cause'. Free to construct our own realities. Free to access a lot of super-powers. Free to 'shape-shift'. Lots of fun stuff like that.

We will stop being egotistical maniacs. We will cease treating other sentient beings as mere means to our own ends. We will not take more than we need. We will not enslave anyone or anything. We will regain our playful natures. Life will return to what it was meant to be. An enjoyable, fun, interesting, exciting, rewarding, satisfying game. We will achieve the synthesis Hegel talked of. We will attain the godhead, the nirvana, of Buddhism, Jainism, and Hinduism. We will shine like the sun. Pure energy. Pure potential possibility. Limitless. Free. Once we have crossed what Don Juan, and Hubbard (who trademarked the term) **'The bridge to total freedom'**. I know Hubbard studied Buddhism and Freud. I guess he also read Carlos Castaneda. Or was it the other way around?

The ideal of an 'Assemblage point' is clever. For we all construct reality in our minds. I explain this in detail in my TROONATNOOR books. My own analogy would be with the tuner of a TV, radio, for you oldies, and Wi-Fi, for you young-uns. The atmosphere is full of radio waves, television waves, and Wi-Fi waves. All electromagnetic energy. All 'energy fields' as Don Juan puts it. We are immersed in them. Right now. But you have to first turn on your radio, TV, or internet browser before you will become aware of them.

Now imagine that the tuner on your radio was glued to a narrow bandwidth. Imagine that your remote control batteries went dead, and you were stuck with the one TV station. Imagine that your browser software was faulty, and you could only surf to one web site. Well if you were born in an area with only one radio station, one television station, and only one official web site, you would take it for granted that that was all there was to see, hear, and download. You wouldn't even try to change stations, channels, or surf the web looking for other web sites.

But what if then someone came along and told you, 'hey guys, you've been conned'. You've been tricked by the advertisers into believing that the only stations, and websites that are out there are the ones they advertise on. And this 'guru' then proceeds to show you how to 'move the dial', to 'change channels' to surf the web. This 'seer' explains to you that there are hundreds of radio frequencies, all with their own radio stations.

All you have to do is learn how to 'change the dial'. They show you how to change TV stations. They show you how to surf the web. Suddenly you are aware of a billion different 'worlds' to experience. All because they have shown you how to 'tune' your radio, to 'change channels on your TV, and to surf the web. The transmissions were always there. The electromagnetic soup was all around you. It was just a matter of 'tuning into them'.

In Don Juan's case, it takes a 'Nahwal' with a high personal energy level to 'whack you between the shoulder blades' (like a Zen teacher whacking their student with a cane, or the proverbial TV viewer banging the TV set when it stops working!) to 'move your assemblage point', in other words to 'move your dial', to 'change your TV stations', to 'load another web-site address', so that suddenly you perceive a whole new reality.

Don Juan often uses a sudden 'fright', to 'shock' Carlos Castaneda, in order to temporarily 'shrink' the 'island of the Tohnal', and open up his access to the Nahwal. To 'unfold Castaneda's 'wings of perception'. It was always there. You just were not capable of 'viewing' it. You just needed to have someone give your TV set a whack, or 'tune' into the other stations and web sites. Just think of your mind as the receiver. The 'Flyers', the conditioning of your inherited 'social reality' have conditioned you to accept that there is only one radio station, one TV station, and one web site. You just need to learn how to 'tune' your mind, to free it of this conditioning, so that you can move along the entire bandwidth of realities, to tune into the entire electromagnetic soup, to browse the entire web.

Of course lots of people listen to just the one radio station, watch only Fox, and only go to their favorite 'sanctioned' religious web page. They find comfort in these. They are never taxed to 'think outside their inherited boxes'. They are never compelled to challenge their inherited beliefs, assumptions, and noetic structures. For surfing the web can force you to consider alternatives. It can be a real shock for people to learn that some other do not share their own cherished, sincerely held, though admittedly rarely questioned or interrogated, beliefs.

Like Carlos Castaneda, and the shocks Don Juan gave him using power-plants and 'shifting his assemblage point', most people are loathe to endure such shocks to their 'noetic structures', their definitions of TROONATNOOR. They are lazy and want to remain with the familiar. The familiar is comforting. They want affirmation and confirmation of their own ideas. They don't want to be challenged. They want to 'shop' among their well-known brands. They like to pick from a very limited 'inventory' of definitions and beliefs, what psychologists refer to as their 'noetic structures'.

Challenges to these produce anxiety. They feel better sticking with what they already 'know'. Change represents a threat to them. The alternative 'definitions' and 'ways of being and seeing' have been demonised by their own 'suppliers', the priests, the mass media, and their teachers and parents. So they view them with suspicion and as threats.

But if we are 'luminous beings', made up of the same electromagnetic soup that everything in the universe is, then reality is simply a construction. Like a dream. A consensus reality. We can arrange the energy fields in limitless ways, and thus experience limitless realities.

In the same way that we can arrange bits on a computer hard-drive to construct any virtual reality we can imagine. And anyone who 'plays' in that virtual reality simply gives their consensus and 'plays by the rules' that the virtual reality producers have built the game platform upon. It is all fantasy role play. And it only works if we agree to the rules, and abide by them. If we all 'play nice'. Whether or not in that game we hack each other to pieces with swords, the idea is the same. Consensus as to the 'rules'. Playing 'nice' means following the rules. Remaining 'in character' throughout the game.

We are free to assemble and interpret the electromagnetic soup any way we like. We can construct any consensus reality we agree to. Or we can live in our own reality. But that was the original state of the monad. The one consciousness. It was boring. It is much more fun to play with 'others'. And so we went about dividing our consciousness into separate units. These then had to learn how to 'be' and 'play nice', before they could access their original power. To return back to the one as 'another'. A play mate. A fantasy role play comrade. As an 'other' being. An 'other' to experience, to get to know, to play with. Another that could play roles and make experience possible. Make games possible. 'That's entertainment'.

For Freud the 'Flyers' could be a metaphor for our unconscious. L Ron Hubbard deliberately demonised Freud in Scientology, as all religions before him demonised the religions and gods that were actually the source for their own rituals, beliefs, practices, and myths. It is the easiest way to ensure your followers never take a closer look at the 'pagan' religions or Freud, and realise that their supposedly new religion is nothing more than the recycling of the old ones. Like stealing from the poor, then demonising them, which is what the Priests did, whether Popes or Luther.

Freud saw our neurotic behaviours, the ones that make our life on this Eden a living hell, as being 'powered' by past experiences that we have repressed. Hubbard used the term 'engrams' to describe these. They actively block our energy, and force us into constantly re-enacting our own history, as a slave to the repressed memories. Once we stop feeding the neuroses, by facing up to our past experiences honestly, and processing their emotional energy, we are free. Psychotherapy, Dianetics, and Don Juan's 'recapitulation' as part of the 'warriors' 'impeccability', all focus on the same actions with the same intent.

L Ron Hubbard has a 'story', a 'narrative' or 'metaphor' similar to Don Juan's 'Flyers' which he presents as fact. Hubbard's '**Space Opera**' is as good as any competing religious dogma you could care to mention. And as part of his 'stalking' techniques, Hubbard charges a lot of money. Surely if you pay a few grand to learn something, you are more likely to pay attention, and benefit from the hidden truth, than if you, like me, just give it away. The ancient 'Mystery Schools' operated on the same principle. Usually only the most wealthy, powerful, and privileged people paid to participate.

I guess Scientology will be suing me for giving the story away for free. But then again, who on earth ever reads my books? Let alone a Scientologist who is pretty cocky and confident that they *already* know 'everything'. Anyway, I detail Hubbard's equivalent of 'The flyers' and Don Juan's story about them in my book '**Religion**'. I detail all the similar 'myths', 'metaphors', 'narratives', and 'parables' of all the world religions in that TROONATNOOR book. Once you see the core 'truth' in all of them, you can sift out the chaff from the wheat. You can perform a sort of alchemy, by turning religion, which is the base metal, into Zen insights, which are more valuable than any precious metal, gold included.

Whether Don Juan is being literal, or using his 'Flyers' as a metaphor for the subconscious, the point is the same. The same goes for David Icke and his 'reptile' puppet masters. We have no free will. We must isolate our true selves, as beings of light, as luminous beings, as pure energy, as pure awareness, by ceasing to reproduce our ideas of our 'self' from moment to moment. We must escape to the Bardot between moments. We must force a break in the continuity of our 'self'. We have to step back. As I explained in my 'One minute enlightenment' WordPress post, once we take away all the desires, fears, impulses, hopes, regrets, and so on, we are left with our true 'self'. An unlimited, indestructible, potential for awareness.

Once we 'empty' ourself of our 'self', we can once more see our authentic nature. The 'self' we identify with is not our true nature. It is just a form we have inherited. It is just a costume we have put on. It is a role in a scripted drama that we have immersed ourselves in. The more masks you remove, the more persona's you abandon, the more true to your self you are, the more 'authentic' you behave, the greater your chances of reaching the point, like Don Juan has lead Carlos Castaneda to, where you can throw off the entire illusion of the self, and re-gain total freedom.

We need to 'escape history'. To escape our own 'personal history' by which the illusion of a 'self' is produced and maintained. Every time you force a break in the continuity of this 'history', by ceasing your mental dialogue, by abandoning any idea of gain, by ceasing your self-pity, by ceasing all your thoughts that are centered on your 'self', all your 'self-reflections', you are stopping the reproduction of the conditioned, false, illusory self. All things that exist must be reproduced for them to endure. This has always been the great secret of my TROONATNOOR books. The true bridge to total freedom.

The goal of the Buddhist is to attain 'emptiness'. The absence of any 'self'. The absence of any desire that is not truly yours. This last sentence is an advance on the typical Buddhist idea of 'desire-less-ness'. For I believe that the original will or desire that we had was a playful desire for games. Not oblivion. Sadly most great minds and Buddhists alike have rejected desire per se. They seek oblivion. They seek escape from life. Not a playful optimisation of life. I think that this is the contribution Don Juan and Zen offer. Like me, they see life as a game. They seek a return to a more playful nature. An escape from the illusion of death. An escape from the illusion of fixed personalities, of fixed forms.

A fulfillment of Hegel's 'historical dialectic'. A return to the god-head, as individual god-heads. Having learned how to 'play nice' we can once more begin constructing new experience engines, new playgrounds. We will have the energy to construct limitless worlds. To interact with those areas of the matrix that we are currently excluded from, due to our low energy levels. Or if you like, our low vibrational frequency.

All this said, the hard truth is that this world is the world that most of us currently want. Until you can face this truth, and accept responsibility for the world as it is,

you will not be open to learning the lesson that it, as Karma, is teaching us. You pretend to yourself that you love justice, love, equality, peace, goodwill, meritocracy, freedom, and all that good stuff. But how many of you are Vegan? Less than a few percent. And so how can you possibly ignore your active opportunistic exploitation of, and willful reproduction of, inequality, injustice, cruelty, savagery, slavery, violence, and indifference to the suffering of other sentient beings?

The Kingdom of heaven is within you. Right now. If you want it. But you prefer hell. You prefer this world as it is. Deny it as long as you like. Karma taught me, and a few others, that we are all hypocrites. We get the world we deserve. We got it. We have it. If you wanted a different world, you would simply stop reproducing it right now. This moment.

Slavery cannot exist without slave masters. Injustice is as easy to eliminate as last night's dinner. Take a big dump. Put that shit where it belongs. Flush it. And tomorrow morning the whole world would be completely different. I am not being metaphorical or mystical in any way. The world sucks because we suck.

Whether it is 'Flyers'? Is it our unconscious mind, you have the tools to free yourself from your worst impulses, and to promote and nurture your best impulses. You have the chance to escape history. To cast off your 'self'. To become 'beings of light'. To empty yourself of all the rubbish you have accumulated, and once more be pure, free, unlimited, indestructible awareness-energy.

Please read all my TROONATNOOR books. I have no idea how simple little old me managed to work out so much. I did suffer, sacrifice, and endure a lot. I did it for myself. I did it because I cannot help myself without helping you. At least I thought so. Maybe I can escape, and leave you all to your fates. At least I can leave behind my TROONATNOOR books as a legacy of good will.

Whatever force lead me to do this work is the same that will lead you, if you allow it to. I am nothing. No-one. Just puppet-Markus. I would probably get really frustrated, angry, passionate, irritated, and disappointed by your current 'self' in person. So no B.S here about how I love 'YOU'. I mean the 'self' that you currently are. But once you get rid of all that stinking, rotting, corrupt 'self' that you wallow in today, there will be that light that shines on. The same light that shines in me. The light that shines. Only clouds cover it. The clouds of the 'self'. The 'alien will', the 'alien mind', the 'foreign mind', which blocks the sun. Like Flyers feeding off the light.

Once you get through all the layers of the onion and you are free and empty of your 'self', you will be able to see the light that is me. And you won't hate me any more. You won't feel malice towards me. You won't try to destroy me simply because I tried to free myself and you. You won't envy me my freedom, and even my struggles, because you too will be free, and struggling towards that freedom. You won't want to imprison anyone or anything. You will stop treating other

sentient beings as means to your own ends. Because your own end will be freedom. And the only means to freedom is freedom.

Once your perceptions stop reflexively reflecting back from the mirrored sphere that surrounds your perception right now, the sphere you call your 'self', you will be able to perceive TROONATNOOR as it is.

Once you empty your attention of all thoughts relating to this 'self', by achieving inner silence, stopping the internal dialogue, and thus stopping your reproduction of the world as you perceive it now, you will be able to see through the crack in the dominant hegemonic social reality, and take a look at infinity. You will be able to face infinity without flinching. Face infinity with serenity. Face infinity with awe and not fear. You will have lost all interest in the 'self'. It will become meaningless. It will not feel insecure in the face of its own death and insignificance. It will be like an old pair of shoes that wore out, and which you are planning to replace with a new, fresh, better pair.

You are a singular point of reference in a sea of electromagnetic soup. You can build any experience engine you want, with this soup. You can build any sort of fantasy role play platform. Any sort of virtual reality play-station. Because all reality is virtual. It only exists in your thoughts. Thoughts are. You are just a 'Point of View', and one of an infinite number of 'Points to view'. You are clear. You are empty. There is nothing. You are the same soup that everything is. Pure energy.

Sure I cannot compete with the 'noble lies' of the tricksters. I can't put on an exciting multi-media presentation. And many of you are addicted to hate, fear, and opportunism. You are probably not quite ready for TROONATNOOR. You are vibrating at a much too low frequency. Your 'tone' is just too low. And you are used to all sorts of promises, tricks, and deceptions.

The honest person cannot compete with the liar, because the liar is more believable. The liar is trained in appearing honest and genuine. The liar knows what you have been conditioned to expect of an 'honest' person. Conditioned, of course, by a whole bunch of professional liars via the media. They have defined how an honest, reliable person should appear. And the pro's simply act that way.

It is very convincing to have your expectations met. To have your preconceptions affirmed and confirmed. The simple, honest, transparent, humble philosopher-prophet is just not convincing. They are often not at all appealing. No wings. No haloes. No charisma. Not specimens of physical perfection. Little charm. Often abrasive and frustrated. Not at all angelic and god-like. Not at all like the holy men put on show by the religions. Not at all like the characters in the holy books. Not at all like the actors in the movies, who get to edit, and make as many takes as necessary, before putting together an artificial performance that is convincing.

I have no hairstylist, no make-up artist, no copy-writer, no publicist, and no Madison Avenue types pushing hyping me. You are not going to read about me

in the mass media as I am not their bitch. I will not prostitute myself for such meagre earnings as this world as we know it has to offer. Only a fool would sell out, and trade their soul, their freedom, for a few trinkets.

You are not going to read about me anywhere. Let alone read anything positive. If you did start hearing about me, and people started reading my books, then the mass media would probably do their best to ensure you never read me. They all belong to, or are expressions of, what Don Juan called 'The foreign installation'. They are all tools of the Zionist Central Bankers.

They are all instruments of the beneficiary classes. The slave masters. I am here to wake the sleeping slaves up. To make them aware of how they have been enslaved in invisible walls. Walls they built themselves, thinking they were doing something good for themselves and their loved ones. I am here to wake the sleep walker. I am here to raise the alarm. Can you imagine that the masters will welcome me? Can you imagine that the slaves will not have been conditioned to hate me, and to demonise me?

Of course I know now that you usually have to trick most people into beginning on the way of enlightenment. I have employed no tricks. I follow the tradition of Buddha. I only offer my insights. I have to accept that only a few will understand. Are you one of that few? Maybe you are. So take a look at my TROONATNOOR books.

Sure, only a few that start down the road to truth will care to continue. I thank all my 'teachers' who helped me on the way. I pass on their baton to you. I hope someone continues my legacy. Surely they will. It is just a question of time. Perhaps most of you need to suffer a hell of a lot more before you will be willing to give up you egotistical, ego maniacal, opportunistic, selfish ways.

That is what the Hindu's say Karma is about. It gives you what you need. And it appears that empathy for others only comes from suffering as a result of other people's pride and self-*ish*-ness. A desire for justice probably only comes from being the victim of injustice. A desire for freedom only comes from experiencing slavery from the slave's point of view.

So good luck. May Karma give you no more suffering than you truly need to 'shock ' you into enlightenment.

Some examples of 'Stalking' in other belief systems

Rituals have been introduced in all religions, even against the wills of their supposed founding philosopher-prophet-teachers. On one level this satisfies a human impulse to engage in rituals. For Freud the ritual is a neurotic impulse. But from the point of view of 'stalking' ritual can be seen as a clever device. It is a mnemonic aid to re-producing a calm mental state.

From childhood on we will associate certain idols, rituals, clothing, scents, perfumes, incense, architecture, shrines, images, and so on, with a particular state of mind. Meditating on an unfolding lotus flower, or a flame, or some other image is a similar ritual to kneeling before an altar, or idol, whether any of the anthropomorphisations of the sun, moon, or star gods, such as Jesus, or Mithra, or Venus, or a statue of a 'Buddha' or Krishna, or Shiva.

The ritual of eating the god-man, or the god in the power-plant, helps, by association, to produce the mental state desired. For most people, the ideal mental state will never be attained, in this life. But the ideal is the goal that such 'steps', 'props', 'rituals', 'idols' have been developed to lead the practitioner towards. They are the 'baby steps' for those unable to make the 'leap of faith', the 'leap into the abyss'.

These rituals help us begin to 'turn the world off', as Don Juan puts it. To 'stop the internal dialogue'. To lead us towards the Zen state of 'Emptiness'. For the self, the immanent, the worldly form, the phenomenal, the domain of reason, of words, of idols, of self-reflection, of social and secondary reality, is a bubble which reflects back upon the viewer what is within them. Only when they become empty, and shut-down the self, are they able to reflect the noumenal, the no-thing from which all things emerge, the god-head, the true nature of each of us as pure self-aware energy, as conscious electromagnetic soup.

By association, the use of such 'aids' can help us quickly gain the state of mind, the clarity of thought, the emptiness, the calm, the peace, the tranquility, that we seek. That is how the mind works. That is why the fabulously rich advertising companies are so effective.

They all sell associations, not products. The rituals, the promise of the intercession of the gods or angels, or the offer of super-powers, all attract a large number of people. The idea is the same as that which makes evolution work. Hit and miss. Attract as many people as possible, and a few of them will prove to be 'hits'. The masses will provide the resources.

The few who are able and willing will understand the true meanings of the rituals. They will 'get' the point the teachers and philosopher-prophets were trying to make. They will become the inner core of enlightened practitioners.

And so all the world's religions are really a form of 'stalking'. Plato was open about his 'noble lies'. The mystery religions all attracted wealthy and powerful members with offers of insights, intercessions, wealth and power. The religion itself, like most 'tricks', is a fraud. A means to higher ends. Sadly though most religions have totally lost their 'inner core'. They actually tortured to death the inner core. The truly enlightened practitioners. This occurred in all the world religions, whether Buddhism, Hinduism, or the three Zionist cults, Judaism, Christianity, and Islam.

'Free Org' was set up by Scientologists who 'got it', and wanted to give it away for free. However even L Ron Hubbard's 'pricing policy' can be seen as 'stalking'. People tend to value things that cost them a lot. In fact many advertising agencies got their clients to simply increase their prices, to make their products exclusive, and hence give them greater appeal to the consumers. It works. People think they get what they pay for. I offer the world's wisdom for free, and no-one is interested. Other people sell a few insights for a few thousand dollars, and the people come running with their credit cards.

So we should not automatically dismiss Scientology's pricing policy, the huge sums it demands for its insights, as fraud and opportunism. Though of course every religion is mostly fraud today. The priests saw the way to a life of ease, wealth, and power, very early in the game, and took advantage of it. But still, even in this context, the rituals and 'noble lies' occasionally work their magic, and one or two people attracted by the 'tricks' actually gain real insights. Of course if they try to 'convert' the rest of the priests they will be ex-communicated, tortured, and murdered. So most keep it to themselves. Like me they write books, and die in poverty and obscurity. The 'gurus' who are popular are not the ones with the true insights. They sell rubbish.

Few of the great minds found true followers. Even Freud had to accept defeat when the protégé he had groomed to take over his enterprise, to take over his 'shop' when he died, decided to open his own 'shop'. A 'junk' shop. Jung was seduced by mysticism, and the dream of 'the quick fix'. He abandoned the hard, tough road of real self-interrogation called 'psycho-therapy'.

And then Freud suffered a double blow. The new profession he had intended to be practiced by Psychotherapists was handed over to the control of the medical profession. Thus instead of anyone with intelligence and aptitude being able to train and practice psychotherapy, you now had to first spend 5 years getting a medical degree. This of course puts such therapy out of the price range of the average person. This was in direct violation of Freud's own expressed will.

One of the problems with being a 'philosopher-prophet', as Buddha and Jesus would be the first to attest, is that you end up losing your baby, which you loved

and nurtured, to the barbarians, who will raise it to become a monster. Buddha expressly forbid anyone making an idol form of him. And so not long after his death his 'followers' started building huge monumental statues of him. Go figure!

Don Juan, like Freud, was clear about the 'death-wish' (Thanatos) inherent to humanity. Don Juan is clear that life as we know it is a miserable 'tale told by an idiot, full of sound and fury, signifying nothing' (Shakespeare in Macbeth). Don Juan is clear that every human feels nothing stronger than the longing for its own death.

When you consider that before we became the limited 'self' we are familiar and comfortable with, and conditioned to define as 'all there is to us', before we were 'imprisoned' in this 'mind prison' called the 'self', we were totally free beings, you can see why we should be so keen to 'kill' the 'jailer'. For death, the dissolution of this phenomenal form, would return us to the noumenal absolute freedom, at least until we were tricked into returning to this or similar experiences.

But on another level, when we, like Freud and Don Juan, see our 'self' as a mere bundle of separate, independent, individual, unconnected, often mutually contradictory impulses, rather than as an enduring, fixed, uniform 'personality', we can see how the actual 'personality' per se must be dependent upon opposites to generate its 'power'.

Most of us are familiar with the idea that energy is the potential for work, which is produced by dialectically opposed extremes. Thus for electricity we have positive and negative charges. We have excess and deficiency. And so electrons flow from excess to deficiency. Like differentials in heat produce wind, and storms. Like moving things further from the center of the earth store up 'kinetic' energy in them. This is how hydroelectricity is produced. We collect the kinetic energy stored in rain, then rivers, then lakes, and capture it as it flows towards the center of the earth.

And so the whole potential for 'experience' requires similar potentials. The tension between opposites produces the very idea of a self. Of a personality. Of experience. Of pleasure and pain. Of mother and father. Of success and defeat. All human 'meanings' are produced reflexively. Like electricity and energy are produced reflexively. It is the relationship between things that produces meanings, definitions, energy, and experience.

And so if we are going to have 'Eros', a love for life, it is going to need an opposing 'pole' of Thanatos, the desire for death. And as all novelty requires newness and otherness, and all sameness and continuity becomes boredom and nausea, we need forms to 'perish' and die to produce this world of 'becoming', and 'experience'. This requires death, and birth, and death, of forms. And so it makes sense to desire what is necessary. To desire both death and life. Both birth and death. Eros and Thanatos.

And given that we have fallen to such a low level as beings, such miserable wretches, such 'prisoners' of the 'flyers', of their religions, of their insane definitions, of reality, and their insane ideas of 'the self' and 'gods', this is the most appropriate time for 'Thanatos' to express itself as the dominant impulse. It should surprise no enlightened person that we are sprinting towards Armageddon.

The Bible praises it. As a repeat of the last Armageddon. We are not pleased with life. We want to get rid of it. Whether you are conscious or not of this impulse, it will express itself. Unless you regain an awareness of your authentic nature. That is what my TROONATNOOR books are all about. Cost you nothing but the pain of being honest with yourself. The immediate discomfort of 'taking out the trash', all the comforting, familiar, self-serving beliefs, definitions, and ways of being and seeing that you take for granted, as natural, as normal, simply because they are consistent with the dominant, hegemonic social reality of the beneficiary classes.

Whether these classes are made up on 'Flyers' , or 'Lizard beings', or just opportunistic humans in the garb of priests, advertising executives, and the rich and powerful, or wanna-be members of any of those groups, it does not make any difference. The path to 'total freedom' is the same.

This is my point. At the core of all the world's religions and philosophy's are the Zen ideas. Zen is basically the filtered out 'baby' that was drowning in the filthy cesspool 'bath water' called 'religion'. Some people saved it. They took it home and nurtured that baby. They called it Zen. It grew up into a beautiful creature. A wise being. An enlightened being. Zen shines like the sun. Zen is pure. Zen is the return to our god-head.

Not the miserable, wretched, infantile, vicious, nasty, spiteful, jealous, envious, selfish, self-centered, egotistical, maniacal, temper-tantrum throwing god of the Old Testament, and the Zionist religions based on it (Judaism, Christianity, Islam, Marxism). No. The Zen god-head is the synthesis that Hegel spoke of. The god-head knowing itself. The limitless taking on limits, in order to know itself. The formless noumenal producing a phenomenal world of forms. The being entering into a cycle of 'becoming'. All in order to return to itself. To bring back 'experience'. To bring back 'novelty'.

I believe that the formless, no-being, creative source does have one impulse. It loves experience. Entertainment. It does have one desire. Experience. Novelty. It is playful. That is its nature. It is playful, creative, and loving. It seeks to become new things. That is its motive. That is our true nature. Playful. Loving. Maybe ruthless in its play like children, quite capable of destroying forms, breaking them down, in order to rebuild something new. But without any real suffering. For all suffering belongs to the phenomenal, the world of becoming. All negatives are the reflex of the positive intended. They provide the positive the power in the world of becoming. Like negative and positive poles produce a flow of current, which can be employed to do 'work'. It produces potentials. It produces energy.

Energy is not a 'thing' in itself. A lovely 'Jewish' fellow (I have 'loved' every 'Jew' I ever met) once tried to explain to me what energy was, and was not. He started me on my way to understanding energy. Energy is the relationship between temporary imbalances. It is reflexive. All meanings, all definitions, all experiences are reflexive. The only experience that is not purely reflexive is the experience of BEING. That is the god-head. But apparent just BEING is boring. It wants to play. Like a child. The child, us, may throw temper tantrums, like the Zionist's 'God', when it does not get its own way all the time. But it must learn that games require that we give and take. That we win and lose. That games require us to give up control.

Otherwise the games are no fun. They are boring. They end up like, well, the way the world is today. Everyone taking everything so seriously. No-one really having any fun. Everyone bent on 'winning', but not sure what it is that they are really struggling to win. They have forgotten that it is a game. Meant to be fun. For everyone. That no-one wins unless everyone wins. That when you 'fix' the game, it loses its appeal. We are living in a 'game' that has been 'fixed' by the beneficiary classes.

Most of us are little more than slaves. Slaves to the ordinary, everyday opportunism of our 'masters'. And maybe slaves to the 'Flyers' of Don Juan or 'Lizard beings' of David Icke. Does not matter which. The road to total freedom is the same, whatever the case. Whether the Flyers, and Lizards, and so on, are mere 'tricks', mere 'metaphors', mere 'stalking', mere 'noble lies', or actual, literal factual truth, it makes no difference to how we must approach the situation.

Don Juan, like all wise people, teach us that our true enemy is our 'self'. And our selfishness. Our self-pity. Our constant self-reflection. Our pride. Our egotism. 'I have found the enemy, and it is my 'self'. The warrior is constantly engaged in 'stalking' their 'self' as their prey. It is the only 'devil'. It projects itself in the gods that it creates in its own image. The self is a prison. The ego is the prison warden. The desires for personal gain are the guards. The self is a repeat-offender. We need to escape the idea of the self.

First we will find moments of release. We can extend these further and further, until one day we find we can remain free. That is the true victory. We can then return to the total freedom of our authentic nature. We can re-connect. We can experience true communion with true nature. We must shatter the mirror of self-reflection. We must empty our mind. We must 'create' a break in the continuity of habit and conditioning that is our prison self. We can cease the internal dialogue of self-reflection and 'stop the world' being reproduced and continuing. We can escape the prison that is our 'self'. We can escape history. Simply by no longer reproducing the 'self'. From moment to moment. In the Bardot of NOW.

Just do it. Or more precisely, just *STOP* doing it. It is all a construct. Hit the 'stop' button. Stop reproducing this reality from one moment to the next. And you will become free to construct as many different realities as you want. Surely much better realities than this one?

It is simple. Start by challenging ANY belief or assumption you now accept as valid. Challenge a few underlying ideas, and your whole noetic structure, your 'inventory', your 'conditioning' begins to break down. Stop doing something you normally do. Break a habit. Look at something in a different way to how you normally do. Try something new. Stop doing something you tend to habitually do without even thinking. Take baby steps. Work through the discomfort and anxiety of discarding 'junk' beliefs and habits. It can be unsettling to realise that most of what you believed and assumed to be self-evident truths, are really false. 'Noble' lies at best. Often clever tricks to enslave you. *Mis*-direction of the magician. Invisible 'controls' and 'mind-prisons'.

Stop imagining you are morally superior to someone because you observe the dominant hegemonic social reality norms. It might feel good to imagine that just because someone is gay, black, Asian, poor, foreign, or fat, that you are superior to them. But what does it get you?

How about realising that the 'self' you are so defensive of, and so scared of revealing to others, is not the real you. It is a 'foreign installation'. You have little control over it. You have nothing to be proud or shamed about. Judging people is stupid. This includes judging yourself. Even Jesus said so. Judge not. Understanding is smart. Acceptance of what is beyond our control to change is smart. Finding our common enemy, and working together to liberate ourselves from it, now that is GENIUS.

Just give me a reason: Post revisionist rationalisation

I have described the clever way to double your tips in TROONATNOOR, by simply repeating the 'orders' of your guest word for word. 'Great. One X, with 2 Y, without Z.' I also explained how, by getting someone to do something for you, anything, no matter how small and apparently insignificant, you can get them to like you, even vote for you. This is why politicians will ask you to do something for them. You might find this counter-intuitive. Surely the politician becomes popular, and wins people over to them, by doing something for their potential supporter? Nope.

Our minds tend to rationalise our actions. We imagine that our acts are motivated by original reasons. We like to imagine that we behave logically. However the fact is that we behave emotionally, and then seek ways to rationalise our actions. And so if you first 'trick' someone into doing something nice for you, or for your target person, group, or organisation, they will then rationalise their decision to help you by imagining that they like you, or your target person, group, or organisation.

So if you want to decrease someone's racism, get them to do something nice for someone they consider of another race. They will unconsciously feel uncomfortable with the 'cognitive dissonance' and relieve this discomfort, this unease, this anxiety, by 'feeling' goodwill towards that target. Thus they will no longer feel racist towards them. And one way to get someone to do something is to give them a reason.

It sounds silly, but if you simply add a reason to any request, you have a much greater chance of compliance with it. For example. Do not just ask if you can borrow one dollar. Ask if you can borrow one dollar for a telephone call. Even tautological requests work in this way. Do not just ask 'Can I please use your mobile phone?', ask 'Can I please use your mobile phone because I need to make a telephone call'.

Like many things in TROONATNOOR, it is surprising. But that is TROONATNOOR. Never assume anything. Know nothing. Question everything. Let everything be what it is. Place no limits upon TROONATNOOR. Live lucidly. Let reality surprise you. Be mindfully alert while walking to the bus, and enjoy the delightful surprises that you usually overlooked. Like magical gardens. Like Llamas. Like gorgeous vistas.

If you practice Zen you will be enlightened. In every moment be here, now. You cannot gain enlightenment. You must practice it moment to moment. Change

your world in the space between each moment. Become something new and wonderful in that gap between past and future. That magical moment is the now. That magical place is right here. It is known as the 'Bardot'. 'The Tibetan book of the dead' reminds talks about the Bardot between the moment of death, and the moment of the next life new-incarnation. However every moment we die, and are reborn. We have the chance to be new-incarnated each moment, as a more ideal form. We can abandon sub-optimal elements of our own 'selves' and 'escape history', if we chose to. Now. Here. By simply not re-producing those elements of our past selves, and of history, this very moment.

Zen practice is at the heart of every authentic religious precept and practice. Ask any Zen master to read about Jesus, and they will quickly identify with his authentic nature. Don Juan, Carlos Castaneda's 'Yaqui Indian 'sorcerer' practiced many elements of Zen. So did Marcus Aurelius, who is credited with formulating the only ever perfect philosophical argument. If you practice Zen you will regain the authentic playful nature of life. Life will once more become a game. A game worth playing.

And if it proves a stupid, dumb game defined by chronic suffering, then you will playfully cast of this experience engine for a new one. One sign of respect is to treat a living thing, and the universe itself, as a mystery. It is pure arrogance to claim to 'know' anything. There is no way to know the creative source with the limited mind we possess.

Treat everything as a glorious mystery, as Don Juan teaches Carlos Castaneda, and it will reveal itself as such. Treat all things with respect. Know that, as Freud puts it, we all owe the world one death. Our own. But death is simply the return to the limitless, glorious, creative source. Every exit from one form and life is an entry into another. Nothing is permanent. Everything is flux. The experience engine we call 'life' is a world of 'becoming'. Flow with it. Become. You are eternal being. That is certain. You cannot be injured, let alone killed. You cannot die. You simply move from one form to another.

Consider this idea. We define ourselves by our history, and memories. Imagine you forgot everything. You lost all your memories. Who would you be? You would be nothing but a bundle of impulses contained in a body. Would you be you? Who would you be? You and yet not you? The equivalent of a grown person with the mind of a newborn infant. Empty of any assumptions and preconceptions about life? Would you consider that you had die and been re-born? With the chance to become someone very different to the person you are? What is so special about the person you are? Would it be such a loss to have the chance to start again? What would you do this time around?

What if you find the 'remote control' for the entire multiverse, and could 'tune into' a limitless world of experience? And then realised that for as long as you can remember, since you were a child, you had only been watching one channel, viewing one web site. Would this be any different to dying and returning to the one universal source of all things, and suddenly being aware of the totality of all

life? Suddenly being able to experience from the point of view of an infinite number and variety of sentient being's experiences? You would look back at your little 'self' that has 'died' and realise that while you were that self you were limited to experiencing life from its point of view. It was like you had been 'locked into' that one TV channel, or web site, for a 100 years or so.

It is like you were locked in a tiny room called your 'self'. And now the bars and walls of that limiting prison have dissolved. Suddenly you find yourself in the outside world. In the multiverse. A limitless place. With limitless possibilities. A boundless consciousness. Infinite numbers of TV stations and programs to 'tune into'. Infinite numbers and varieties of web sites to 'surf' among.

How far this metaphor converges with reality is impossible to say from the viewpoint of our limited, human, perceptions and 'prison' mind. But I am trying to conceive of how we may all really be one vast awareness that is aware of everything. And in order to 'play' games, and have 'experiences' we 'tune out' most of the multiverse, and limit our sentience to a narrow bandwidth. We 'forget' our true nature, so we can immerse ourselves fully in the experience of being a 'self', like the ones we are right now. And when this 'filter' we call the self 'dissolves', we regain our full consciousness.

This metaphor can work if you understand the nature of Holograms. Buddhists may be familiar with 'Indra's Web'. You can divide up a hologram infinitely. Each piece will produce the same complete image. The only limit to division is that the smaller the pieces you divide the hologram into, the smaller the 'size' of the complete image that is reproduced when light is shone upon it. Let us call this light the light of consciousness. The light of awareness. The one light that shines on and on.

But as size is relative to the observer, it is merely reflexive. To experience the tiny whole, you simply have to look at it from the perspective of a tiny observer. This is consistent with the 'fractal' patterns in nature. When we observe many plants and minerals, we find that the whole forms are made up of smaller versions of the same forms. Plants and minerals grow by reproducing the same form over and over, from tiny to full scale.

In fact today many philosophers and scientists do postulate a hologramic universe as the best way to explain the phenomena they have observed. If the holograms are sentient, then all it would take to produce the feeling of individuality and separateness would be a 'filter' that only allowed the 'individual' 'selves' to perceive a narrow bandwidth of 'energetic emanations'. Rather than experience each other part of the hologram as a mere copy, bigger or smaller, of yourself, you would perceive only parts of each of these hologramic reproductions.

Say we are all 100% the same. But infinite in range of qualities, or potential qualities due to the infinite possibility for adding and subtracting emanations / primities. Take a look at a complex math equation. Break it down, and it

reduces / resolves to a large number of additions and subtractions. The complexity is merely a property of the 'quantity' of additions and subtractions. I explain this in my TROONATNOOR books.

It is a fact that all you need to build a virtual universe on your computer is 0s and 1s, and algorithms based on adding and subtracting them. The elemental table works the same, in chemistry. In physics they find simple 'equations' that describe and predict the movements of bodies in space and time. All reality can be broken down into very simple interactions, which only appear complex due to the number of them, and their variety. But they are all just addition and subtraction, attraction and repulsion.

Now if you take a complex, infinite whole hologram, and then 'filter out' 99.99999% of it, you still have an incomprehensibly large amount of information to experience. So each of us is the whole. But we only experience 0.000000000001% of our true nature, as long as we are our 'selves'. Once we cease being the 'self' we are now, the filters dissolve, and we are once more 100% of the holographic part. We are both 100% individual, and 100% the same. We are both one and separate. You am I. I am You. But there is still a You and an I. Separate. But one. Different. But the same.

The simplest organism up to the most complex galaxy, are simply pieces of the hologram that are filtering out more or less of their wholes. O.K, so this is my first draft of this idea. I remembered seeing my hands for the first time in my dreams last night. A lucid dream. Only I had too many fingers. Remember Don Juan recommended 'intending' to look at your hands, and doing so, as an aid to realising you are dreaming.

Do not expect instant results from your endeavors. I have been 'intending' to lucid dream for months now. Don Juan and all Zen teachers, even Jesus, will tell you the same. You cannot predict when your insights will come. It takes a lot of intense thought, then long periods of 'gestation' for insights, like all creative ideas, to emerge from the machinations of our unconscious, or from the 'Dark sea of awareness', from the 'god-head', the 'no-thing' from which all things emerge, from the 'creative source'. So practice your impeccability.

As Jesus warns, keep the light ready for the bride groom, who may come now, or the next moment, when you least expect it, but will only come if you remain prepared, and keep your light shining in readiness. Keep intending. Keep practicing Zen impeccability.

Buddha referred to 'remembering' rather than 'seeking' insight and enlightenment. Don Juan, like Jesus, tell us to have faith. Expect it. Feel sure. As Zen tells us 'Just do it', without any gaining idea. Intend it. Expect it. Await it, like Jesus' bride-groom. Be sure in your mind that the bride-groom is coming. Take a leap of faith into the abyss. 'Go ahead and Jump...Yeh might as well Jump', to quote David Lee Roth (another of my favorite 'Jews').

Know it in your heart, which is beyond reason. Reason is a limited tool. It is reflexive. It works only inside our tiny little bubble 'subjective realities'. Reason cannot comprehend the infinite. Only the empty mind can reflect the infinite, Don Juan tells us. So empty your mind. Not like fools lapping up inane dogma, like religion offers. But like prophets. Like Seers. Like the magicians and sorcerers. Like Zen practitioners. Let your mind become an empty vessel to be filled by the no-thing from which all things come. Let the creative source use your mind as a channel, and let the creative enlightenment flow into your entire being. Remember your true nature.

Everything that ever has or will exist exists now in this present moment. It is all accessible to your authentic nature. Like a movie on a computer hard disc. It all exists NOW. There is no real space or time. There is only consciousness. Conscious, self-aware energy. That is our true nature. We are the hologram. There is not us and not-us, except in our perceptions. Set your tuning dial to 'everything, every time, everywhere'. Open up all your channels. Take all the 'child locks' off your internet browser. Be here now. Be everywhere, every time, everyone, every way.

Be patient. Be 'sweet' and kind. Be compassionate. Open your mind. Throw away all your conditioned 'filters'. Let the prison you call your 'self' dissolve. Let the prison walls and bars 'melt into a dew'. Turn off your internal dialogue. Stop the world. Break the continuity. Open up the Bardot of now. Live in the Bardot of now. Escape history. Escape your 'self'. It is your jailor.

Don't try to reason it out. Just do it! Take a leap of faith. Read my TROONATNOOR books if you don't 'get it' yet. You will. I did. And I'm not that special. Just another dumb human. Raised like cattle for the slaughter. But deciding at some point to get off the production line, and go off grazing by myself. The other cattle thought I was dumb. The cows didn't want anything to do with me. They just wanted to have more babies for the slaughter.

Maybe I ate a few 'weeds' out there in the wild. Read a few 'signs' written in the sand, and on the rock walls. Maybe I lost my mind and then realised I was better off without it. And went about constructing a new mind. A mind based on TROONATNOOR. Not on the lies the cattle are fed along with their fodder.

Let your mind open up, and this will be a piece of cake. Please read all my TROONATNOOR books. Convert them to mp3 files and listen to them while you clean the house, sit on the bus and train to work, or do the gardening. That should be enough to arouse your curiosity enough to take another closer look at my arguments in print. Because you are going to have to make some effort at overcoming the 'social reality' that you have been conditioned to perceive. To escape the mind-prison you are now in. To free yourself from the definitions and 'reason-s-ing' of the mass education systems and the mass media. To free yourself of the invisible chains that the dominant hegemonic beneficiary classes, beginning with religion and ending with your television, newspapers, and movies, have bound your mind in.

A heroic myth archetype

An archetype for a typical heroic myth has been posited. First the protagonist hears their call to adventure. They come to a crossroads in their lives. A turning point from their ordinary life. They often meet a wise old man or fairy god mother. They depart on their adventure. During the course of their journey, their trials, their perils, they encounter and defeat monsters and dragons. They are initiated into a mystery. They gain mastery over themselves and victory over an adversary. They attain their goal. They win the girl. They attain the ring. They gain some special powers. They then return back to their ordinary life as a hero, with an enriched life, and the power to bestow boons on others.

A possible opportunity for you

If you know of any publisher interested in publishing my books, please contact me. If I make any money as a result of your help, I will be sure to reward you financially in reciprocation. If you are writing a university essay, please reference my works. Anything you can do to draw attention to my works will be greatly appreciated.

TROONATNOOR Fiction (Novels)

P.R.O.P.H.E.T: Ghost in the machine

A science fiction novel that will put Harry Potter in the shade

Markus Rehbach

Veil of ignorance

A plan to bring about a New World Order that even the Zionist Banksters are clueless about?

Are *you* part of the conspiracy?

Markus Rehbach

And as of 2014, TROONATNOOR publishing has the pleasure to introduce our new author

Clarissa Sophia Von Der Golz

Xob S'ardonap and The City of The Sun

An adventure mystery spanning the ages, and the globe

A novel to rival Dan Brown's best plots

Clarissa Sophia Von Der Golz

Sex I life

A teenage girl's insights into sex and life

Clarissa Sophia Von Der Golz

User guide: experience engine type human

Life should have come with a manual, don't you think?

Clarissa Sophia Von Der Golz

TROONATNOOR Non-fiction

The Reality Of Our Natures And The Nature Of Our Realities

Volumes one and two of TROONATNOOR

Everything you expect from philosophy and more. Answers all your questions, and many you've never even thought of asking. Yes it is about the meaning of life, the universe, and everything.

Markus Rehbach

Convergences: Things you will want to know

Volume three of TROONATNOOR

Don't be fooled again. Realise your full potential.

Markus Rehbach

Religion

A holistic overview and insights into the world religions

Volume four of TROONATNOOR

There is much more, and much less to it than you probably imagined

Markus Rehbach

The mystery of the dreamer and the dream

At the edge of TROONATNOOR:

Zen, lucid dreaming, Carlos Castaneda and the meaning of life

Markus Rehbach

9.11 (Five minutes to midnight?)

The Central Banksters, Zionism, 911, WWII, and The New World Order

Markus Rehbach

Sung Seng Nim: A tale of two faces

My experiences living and teaching in South Korea

Markus Rehbach

From Moscow with Loathe

My experiences living and teaching in Moscow

Markus Rehbach

Marx Herbach and the swan

My experiences living and working in Poland

Markus Rehbach

The phrasal syntax method

An understanding of the history of the evolution of the English language informs
the optimal approach to teaching and learning English

Markus Rehbach

The ultimate recording and mixing guide

Get the most professional results possible on any budget

Markus Rehbach

Your vocal training guide

Improve your singing and your posture, while treating T.M.J, and reducing the
frequency and severity of migraines

Markus Rehbach

A taste of TROONATNOOR

A selection of my blog posts

Markus Rehbach

Autobiographical TROONATNOOR

The life and mind of the philosopher prophet of the Eden protocols

Markus Rehbach

An education in victimisation

My personal experiences of victimisation in the N.S.W department of education,
in the context of international research into the phenomenon of workplace
mobbing.

Markus Rehbach

THIS WAS

A TROONATNOOR BOOK

AN EDEN PROTOCOLS PUBLICATION

A HAPPY NEXT LIVES PRESENTATION

Connect with the author on Facebook and discover details of other

TROONATNOOR

Titles, and special promotional offers

Happy Next Lives